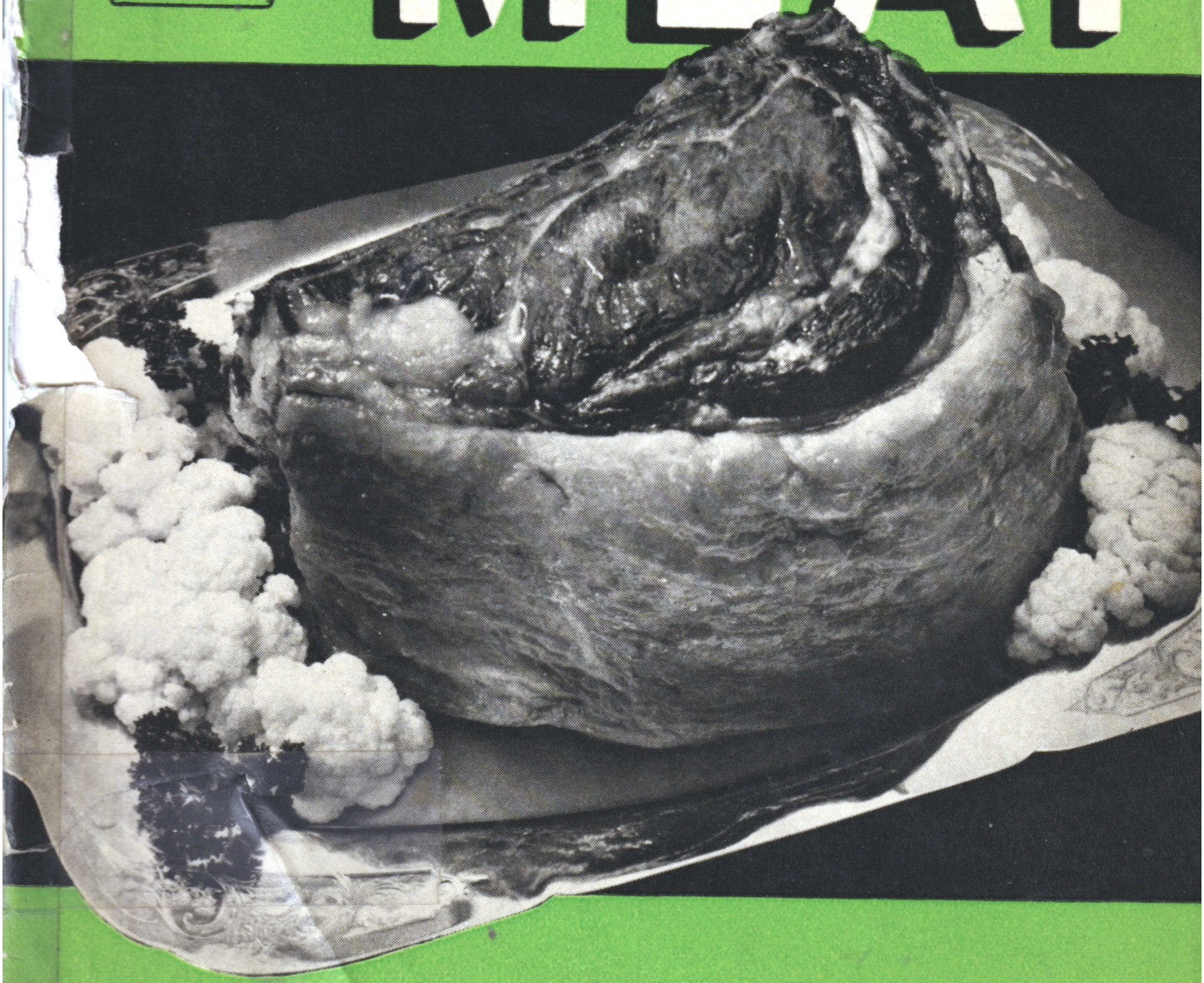
250 WAYS TO PREPARE MEAT

250 ways to prepare MEAT

CULINARY ARTS INSTITUTE

One of America's foremost organizations devoted to the science of Better Cookery



New ideas and old favorites... *plus* pages and pictures that show you exactly what to do to prepare the meat you buy for successful meals.

250 Ways to Prepare

MEAT

How to Buy Meats Economically

Preparation of Frozen Meats

Charts of Retail Meat Cuts

Time and Temperature Tables

Beef - Lamb - Pork

Veal - Sausage - Game

Liver - Brains - Sweetbreads

Heart - Tongue - Tripe - Kidneys

Stuffings and Sauces

Published for

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Copyright 1940 by
Consolidated Book Publishers, Inc.
153 N. Michigan Avenue, Chicago, Ill.
Printed in U. S. A.

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For the beautiful illustrations in this book, we want to pay appropriate tribute to the following who helped so generously:

ARMOUR AND COMPANY
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NATIONAL ASSOCIATION SERVICE
NATIONAL LIVE STOCK AND MEAT BOARD
UNITED STATES BUREAU HOME ECONOMICS

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NATIONAL LIVE STOCK AND MEAT BOARD

WHEN YOU BUY MEAT

In most cities it is possible for the homemaker to buy meat which has been graded for quality by the packer and stamped by Federal inspectors. Most packers indicate the grade by various brand names. The Federal stamp guarantees that the meat is wholesome but does not indicate quality.

The woman who does not buy branded meat must rely upon the appearance of the meat to secure her money's worth, since a sirloin steak from low grade beef is apt to be less tender than a rump steak from high grade beef.

HOW MUCH SHALL I BUY— One pound boneless meat serves 4. This includes boned meats, ground meats, flank steak, liver, sausages and most canned meats. One pound meat with a small amount of bone serves 3. This includes round steak, ham slices, etc. One pound meat with larger amount of bone serves 2. This includes such cuts as most steaks, shoulder cuts, chops, etc.

ALL FRESH MEAT should be kept in a refrigerator; handled with clean hands and tools.

GOOD QUALITY VEAL is light grayish pink in color. The meat is very fine-grained, velvety and fairly firm, with little surface fat and no marbling. The fat is clear, firm and white and the bones are porous and red.

GOOD QUALITY BEEF is of fresh red color, has a smooth covering of brittle creamy fat and small streaks of fat distributed through the lean. In other words it is well marbled with fat. The lean is firm, fine-grained and velvety. The bones in young beef are porous and red, in older animals they are white and flinty.

GOOD QUALITY LAMB varies in color from a light to a dark pink, since the color darkens as the animal grows older, and in mutton deepens to red. The fat of young lambs is quite soft and slightly pink in color. As the animal grows older it becomes harder and whiter, so that mutton fat is white and rather brittle.

GOOD QUALITY PORK is grayish pink, changing to a delicate rose in older animals. The flesh is relatively firm, fine-grained, well marbled and covered with firm white fat.

TENDERIZED FRESH MEAT is aged by hanging in a warm humid room under sterile conditions. The high temperature hastens the action of the natural enzymes which soften the muscle fibers, thus reducing the usual time for aging from weeks to a matter of days. High humidity prevents loss of moisture from the meat, while an electric sterilizing lamp prevents its deterioration by bacterial action. Cook as directed by the packer.

FROZEN MEAT

Preservation of meat and other foods by freezing during the winter months has always been a common practice in rural communities. During recent years freezing plants with locker space for rent have made it possible for farmers to slaughter and use frozen fresh meat all year round. Town and city families have been quick to see the economy of buying quarters, halves or the live animals, then freezing and storing the meat in lockers until used. There are an increasing number of these plants.

The length of time meat can be held in lockers depends upon several factors, though in general beef will keep longer than pork. Rapid chilling after slaughtering, proper wrapping to prevent moisture losses, quick freezing and a uniform low temperature in the lockers are all important for good preservation of the meat. Thawing and refreezing are undesirable, since this impairs the quality of the meat and gives an opportunity for increased bacterial action. Meat should be cooked as soon as it has thawed. Meat may be thawed before cooking or the cooking may be started while the meat is still frozen. Soaking the meat in water to hasten thawing impairs the flavor and should be avoided.

TIME REQUIRED TO THAW MEAT

CUT	42°F. (REFRIGERATOR)	ROOM TEMPERATURE
Thick cuts (3 to 5 pounds)	30 to 50 hours	6 to 20 hours
Thin cuts	20 to 24 hours	3 to 5 hours
2-rib standing beef roast		2 hours per pound
3-pound rump pot roast		2-2½ hours per pound
1½-inch porterhouse steak		2 hours per pound
1-inch ground beef patties		2 hours
Pork loin roast	13 to 14 hours	2-2½ hours per pound
Pork chops (¾ inch thick)	24 hours	

TIME TABLE FOR COOKING THAWED AND UNTHAWED CUTS

Frozen meat which has been thawed before cooking may be cooked in exactly the same way and by the same methods as meat which has not been frozen. Meat which is started cooking before thawing may be cooked by the same methods also, but a longer cooking time is required.

The following chart lists the cooking time required for various cuts when they are cooked after thawing or while still frozen. In some cases the minutes per pound is given and for some the total cooking time is given.

CUT	MINUTES PER POUND THAWED	UNTHAWED
Standing Rib Roast (Roast at 300°F)		
Rare	18	43
Medium	22	47
Well done	30	55
Rolled Rib Roast (Roast at 300°F)		
Rare	32	53
Medium	38	57
Well done	48	65
Beef Rump (Braise)	30	50
Porterhouse Steak (Broil, rare to medium)		
1 inch	8-10	21-33
1½ inches	10-15	23-38
2 inches	20-30	33-43
Boneless Lamb Shoulder (Roast at 300°F.)	40	60
Leg of Lamb (Roast at 300°F.)	30-35	45-55
Pork Loin (Roast at 350°F.)		
Center cut	35-40	50-55
Rib or loin end	50-55	70-75
Club Steak (Broil, rare to medium)	Total Time Minutes	Total Time Minutes
¾ inch	16-20	24-28
1 inch	20	30
Round Steak (Pan-broil) ½ inch	7	11
Beef Patties (Pan-broil) 1 inch	8	10
Lamb Chops (Pan-broil)		
¾ inch	10	15
1½ inches	20	25
Shoulder Lamb Chops (Braise) ½ inch	15	20
Pork Chops (Braise) ¾ inch	45	55

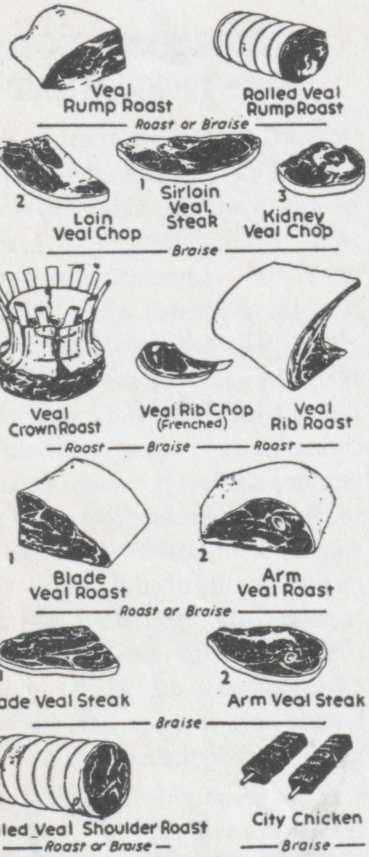
DIRECTIONS FOR ROASTING MEAT

Roasting meat at a constant low roasting temperature gives better results than the old method by which the meat was first seared at a high temperature and the roasting finished at a low temperature. The searing does not retain the juices as was once thought and causes excessive shrinkage and loss of weight. Use any shallow pan large enough to hold the meat and place a wire rack in bottom to hold the meat up out of the juices and to allow the heat to penetrate evenly from all sides. A wire cake rack may be placed in the bottom of the pan or hooked securely over the sides.

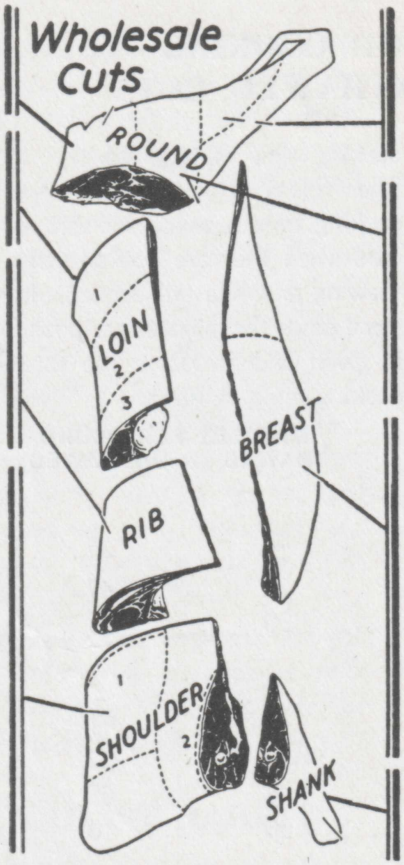
1. Wipe meat with a damp cloth, but do not wash.
2. Rub with salt in proportion of 1 teaspoon per pound of meat. Use pepper, onion or garlic if desired.
3. Place meat, fat side up, on rack of pan. If meat has little or no fat, place strips of bacon, salt pork or suet over it. This will baste the roast and no other basting is needed.
4. Do not add water and do not cover pan.
5. If meat thermometer is to be used, insert into center of thickest part of cut. Be sure bulb of thermometer does not touch bone or fat.
6. Roast at temperature given on page 8 for the required time or until the thermometer registers the desired internal temperature. If a roast is not cut immediately upon removal from oven, it will continue to cook and the temperature at the center will continue to rise. The cooking may go on from 30 to 45 minutes.

VEAL CHART

Retail Cuts



Wholesale Cuts

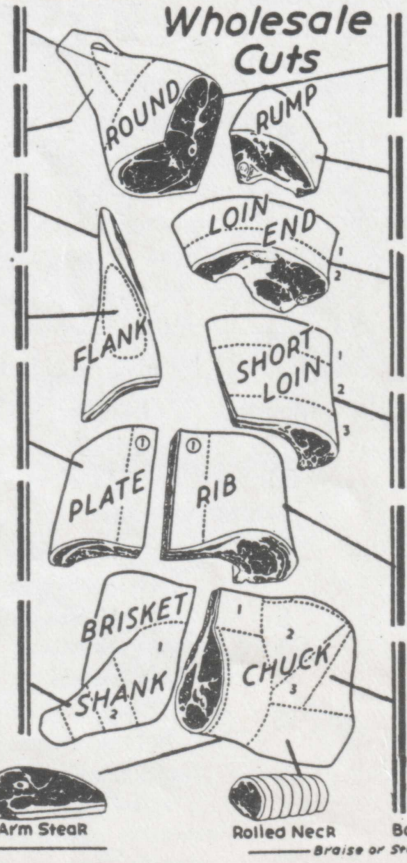


Retail Cuts

BEEF CHART

Retail Cuts

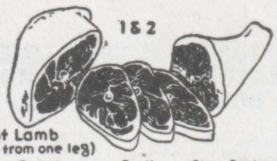
Wholesale Cuts



Retail Cuts

LAMB CHART

Retail Cuts



Leg of Lamb (Three cuts from one leg)
— Roast — Broil — Stew, Braise —

Lamb Crown Roast
— Roast —

Rib Lamb Chops

Frenched Rib Chops
— Broil —

Arm Lamb Chop
— Broil —

Square Cut Lamb Shoulder
— Roast —

Blade Lamb Chop
— Broil —

Cushion Lamb Shoulder
— Roast —

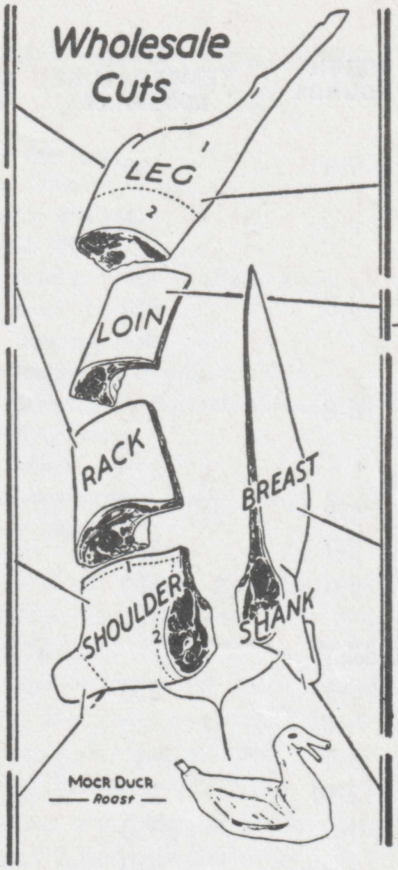
Saratoga Lamb Chops
— Broil —

Rolled Lamb Shoulder
— Roast —

Boneless Shoulder Chops
— Broil —

Lamb Neck Slices
— Braise —

Wholesale Cuts



Mock Duck
— Roast —

Retail Cuts

American Leg

Sirloin Lamb Roast

Frenched Leg
— Roast —

Loin Lamb Chop

English Lamb Chop

Rolled Loin of Lamb
— Broil or Panbroil — — Roast —

Lamb Patties
— Braise or Broil —

Lamb Loaf
— Bake —

Lamb Riblets
— Braise or Stew —

Lamb Stew
— Stew —

Rolled Breast
— Roast or Braise —

Lamb Breast

Lamb Shanks
— Braise or Stew —

PORK CHART

Retail Cuts

Sirloin Pork Roast
— Roast —

Pork Tenderloin
Frenched and Whole
— Broil or Braise —

2 to 5
Canadian Style Bacon
- Broil -

Loin Chop

Rib Pork Chop

Frenched Rib Chop

2 to 5
Butterfly Chop
— Broil or Braise —

Loin Roast - Ham End

Loin Roast Center Cut

Loin Roast
Shoulder End

Crown Pork Roast
— Roast —

Fat Back
- Lard - Salt Pork

Lard
Shortening

Blade Pork Steak
— Braise —

Smoked Cottage Roll
— Bake or Panbroil —

Boston Style Butt

Rolled Boston Style Butt
— Roast —

Wholesale Cuts

Bacon Square
— Seasoning - Panbroil —

Retail Cuts

Half Ham Butt End

Half Ham Shank End
— Bake or Simmer —

Ham Butt Slice

Center Ham Slice
— Broil or Panbroil —

Fresh Ham Roast

Rolled Fresh Ham Roast
— Roast —

Bacon

Salt Pork
— Broil - Panbroil or Seasoning —

Spareribs

Fresh Picnic Shoulder
— Simmer - Braise or Roast — — Roast —

Smoked Picnic Shoulder

Cushion Style Picnic Shoulder
— Bake or Simmer — - Roast -

Rolled Picnic Shoulder

Fresh Shoulder Hock

Arm Pork Steak
- Roast - - Simmer - - Braise -

TIME TABLE FOR ROASTING

ROAST	WEIGHT POUNDS	OVEN TEMPERATURE CONSTANT	INTERIOR TEMPERATURE WHEN DONE	TIME PER POUND IN MINUTES
BEEF				
Standing ribs (3 ribs)	7-8	300°F.	140°F.	18-20 Rare
			160	22-25 Med.
(2 ribs)	5-6		170	27-30 Well done
Standing ribs (1 rib)	1.8	350	140	33 Rare
			160	45 Med.
			170	50 Well done
Rolled ribs	6-8	300	140	32 Rare
			160	38 Med.
			170	48 Well done
Chuck ribs	5-8	300	150-170	25-30
Rump	5-7	300	150-170	25-30
Whole tenderloin	4-6	300	140	25 Rare
			160	30-35 Med.
PORK—**Fresh (Always cooked well done)**				
Loin—Center	3-4	350	185	35-40
Whole	8-15		185	15-20
Ends	3-4		185	50-55
Shoulder—Whole	12-14	350	185	30-35
Boned and rolled	4-6	350	185	40-45
Cushion	4-6	350	185	35-40
Spareribs	1½-1¾	350	185	40-45
Pork Butt	4-6	350	185	45-50
Ham	10-18	350	185	30-35
PORK—**Smoked**				
Ham—Whole	10-12	300	170	25
Tenderized	10-12	300	145-150	15
Half	6	300	170	30
Tenderized	6	300	145-150	20
Shank end	3	300	170	40
Butt end	3	300	170	45
Cottage Butt	2-4	300	170	35
Picnic	3-10	300	170	35
LAMB				
Leg	6½-7½	300	175-180	30-35
Shoulder-Rolled	3-4	300	175-180	40-45
Shoulder	4½-5½	300	175-180	30-35
Cushion	3-4	300	175-180	30-35
Rack of ribs (6-7 ribs)	2	300	175-180	45-50
Crown (12-15 ribs)	4	300	175-180	30-35
VEAL				
Leg roast	7-8	300	170	25
Loin	4½-5	300	170	30-35
Rack (4-6 ribs)	2½-3	300	170	30-35
Shoulder	7	300	170	25
Shoulder-Rolled	5	300	170	40-45

ROAST BEEF

5- to 6-pound rolled rib roast of beef
Salt and pepper

Wipe meat with damp cloth sprinkle with salt and pepper. Place on rack in pan and roast uncovered in slow oven (300°F.) allowing 35 to 40 minutes per pound. Serves 8.

BROILED STEAKS

1 porterhouse or sirloin steak, 1½ inches thick
Salt, Pepper, Butter

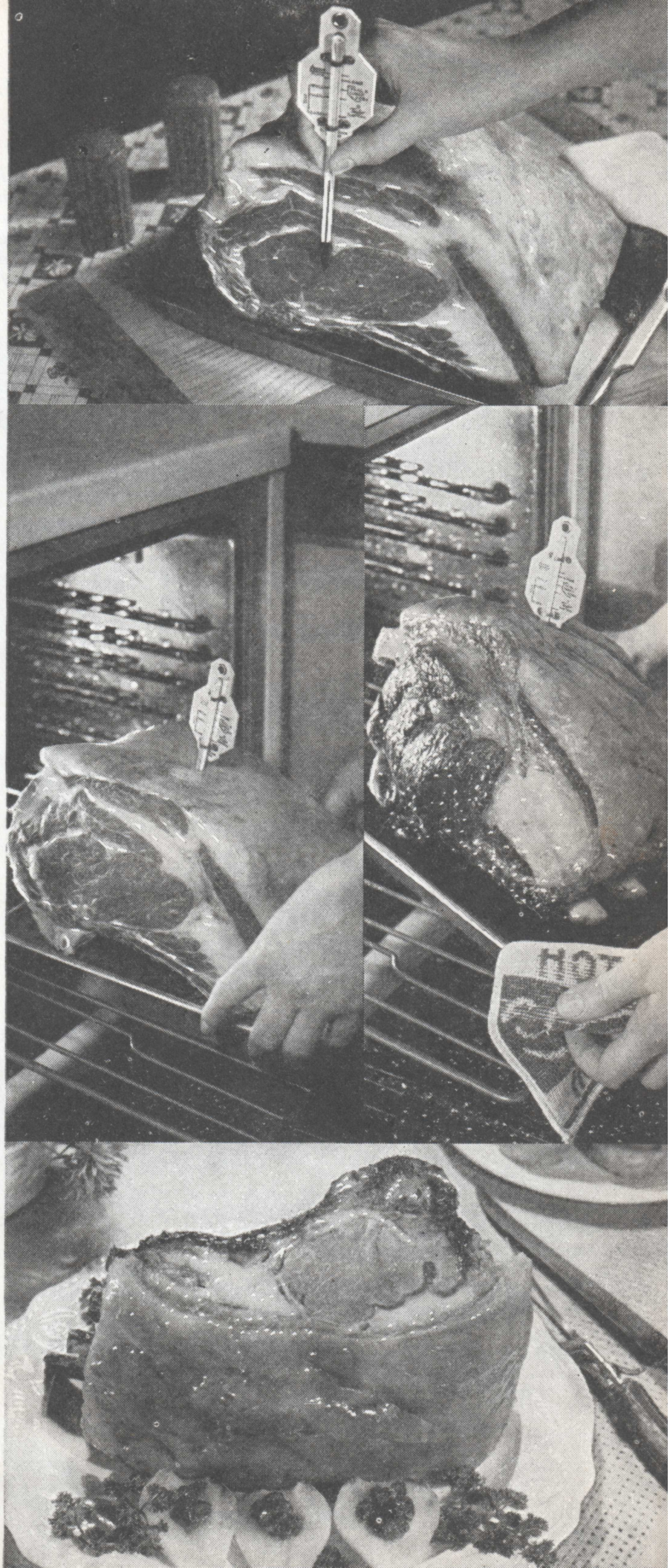
Preheat oven to 350°F. about 10 minutes. Place meat on broiler rack 3 inches below moderate broiler heat. Broil 12 to 15 minutes for rare steak or 18 for medium steak. Sprinkle with salt and pepper, turn and broil 12 to 18 minutes longer. Place on hot platter, sprinkle with salt and pepper and spread with soft butter. Serves 4 to 6. Broil **filet mignon, club** and **rib steaks** as above, allowing about 10 to 12 minutes for each side for rare steak and 15 minutes for medium steak.

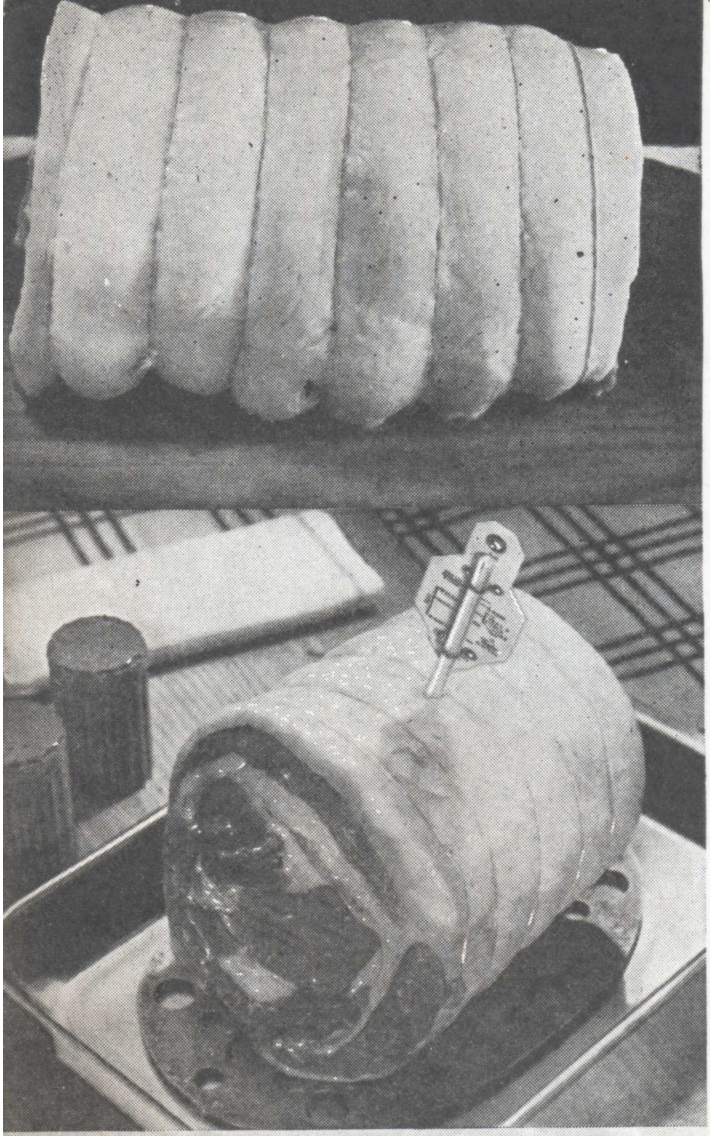
CHARCOAL BROILED STEAK

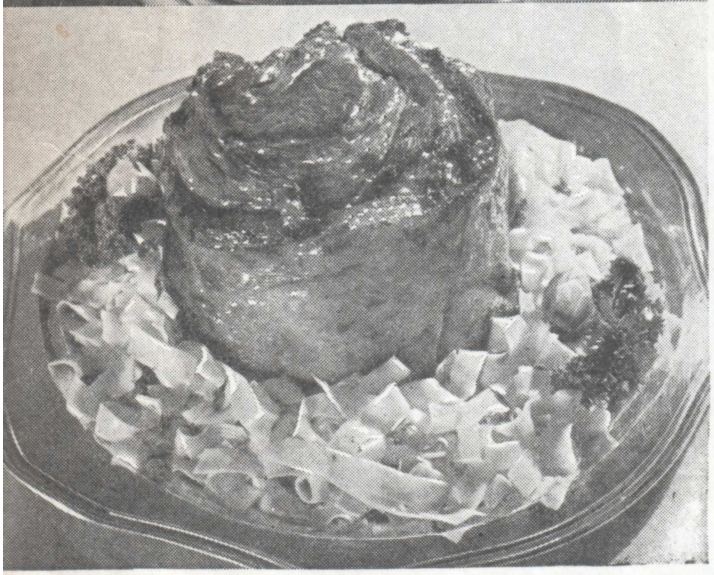
2 club steaks, 1½ inches thick
Salt, Pepper, Butter

Place steaks on rack over glowing charcoal; broil for 9 minutes. Turn, sprinkle with salt and pepper and broil for 9 minutes. Place, hottest side up, on hot platter. Sprinkle with salt and pepper and spread with butter. Serves 4.

Ribs down in the roasting pan with the thermometer at its heart, a standing roast will baste itself and make a perfect appearance at dinner



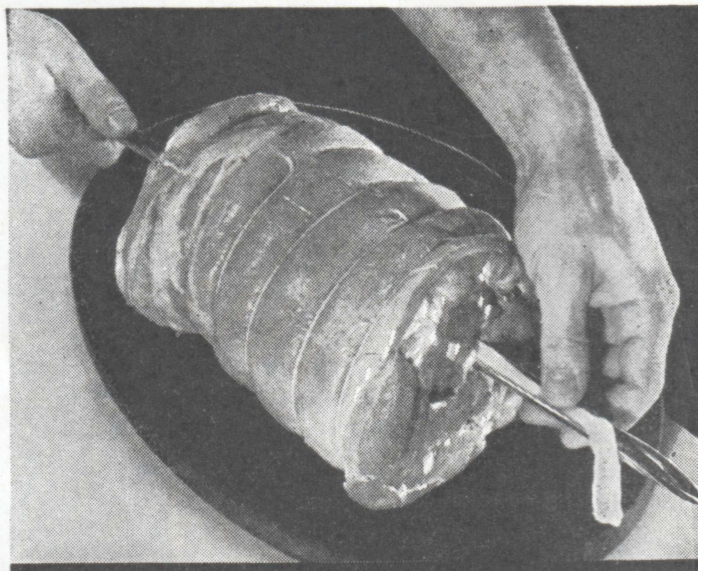


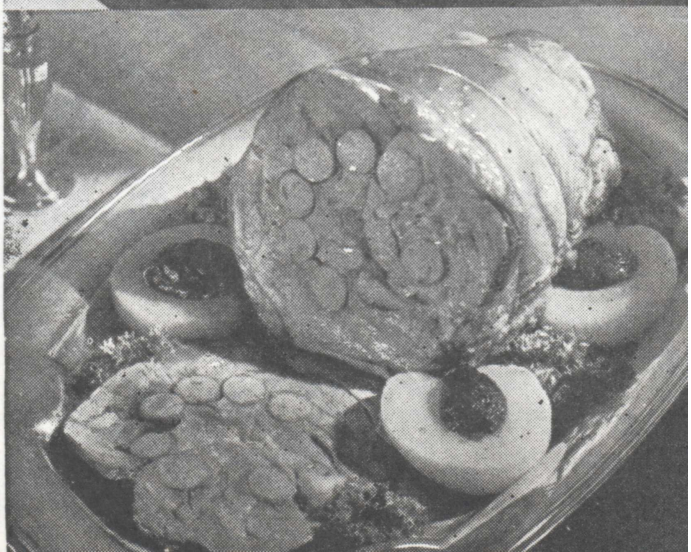


Boned and tightly rolled with the layer of fat on the outside, your roast needs only the thermometer and a trivet to baste itself to juicy perfection

LARDED AND ROLLED ROASTS

Rolled veal roast is delicious when larded with salt pork or the fat of smoked beef. Use the larding needle and draw it through carefully or fold frankfurters into meat as you roll



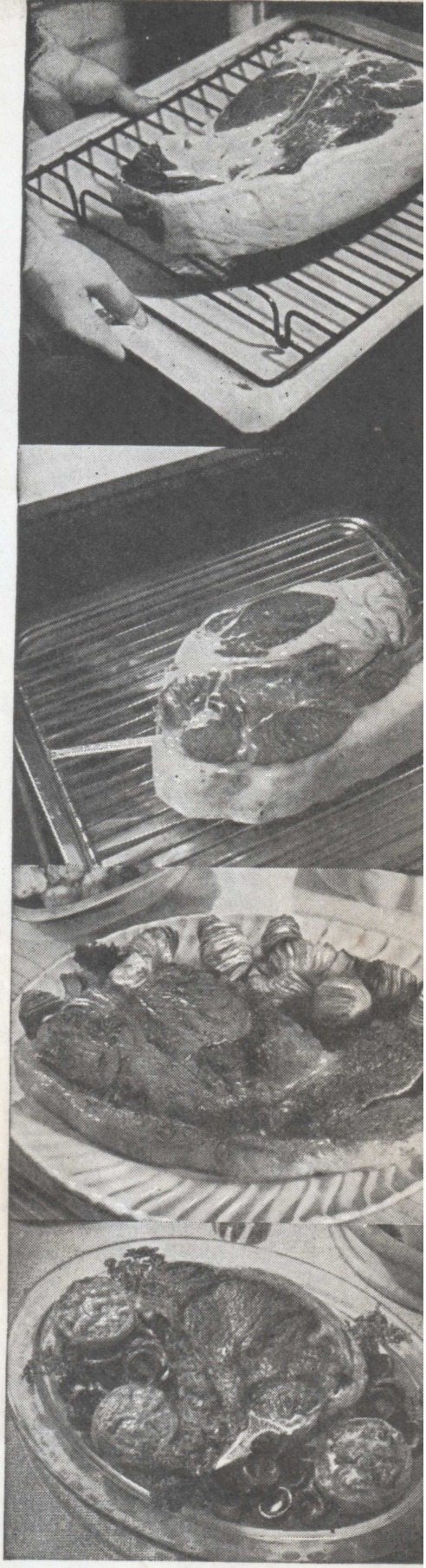


BROILING

Broiling means to cook by direct heat and may be done over hot coals, under a flame or an electric unit. This method may be used for tender cuts of meat with adequate amounts of fat. Veal should not be broiled since it is low in fat; pork is more satisfactorily cooked by other methods. Preheat the broiler with the oven door closed, about 10 minutes. Slash the fat edge of meat in several places to prevent curling. If meat thermometer is used insert at the side and force bulb into center of cut. Place meat on broiler rack with the surface of meat about 4 inches from source of heat. Turn when surface is browned and about half the total cooking time has been used. Sprinkle browned side with salt, turn meat and cook until brown or to same internal temperature as for roast beef and lamb.

TIME TABLE FOR BROILING

CUT	WEIGHT	COOKING TIME	
		Rare	Medium
	Pounds	Minutes	Minutes
BEEF			
Filet mignon—1 inch	⅓	5	6-7
1½ inches	½	9-10	12
2 inches	¾	15	18
Club steak—1 inch	1	9-10	12-14
1½ inches	1¼	14-16	18-20
2 inches	1½	18-22	24-30
Sirloin steak—1 inch	3	10-12	14-16
1½ inches	4¼	15-20	20-25
2 inches	5¾	20-25	25-30
Porterhouse steak—1 inch	2	9-10	12-15
1½ inches	2½	14-16	18-20
2 inches	3	18-22	25-30
Ground patties (1 x 3 inches)	4 ounces	15	25
LAMB			
Shoulder chops—1 inch	3 ounces	10	12
1½ inches	6 ounces	15	18
2 inches	10 ounces	18	22
Rib chops—1 inch	2 ounces	10	12
1½ inches	4 ounces	15	18
2 inches	5 ounces	18	22
Loin chops—1 inch	3 ounces	10	12
1½ inches	5 ounces	15	18
2 inches	6 ounces	18	22
Ground patties (1 x 3 inches)	4 ounces	15	18
PORK			
Ham slice—½ inch	¾-1 pound	Ham always	20
1 inch	1½-2	cooked well done	25-30
Ham slice—tenderized			
½ inch	¾-1		10-12
1 inch	1½-2		16-20



A thick juicy steak is a rare treat when carefully broiled, a thermometer at its center and served with broiled tomatoes or radish fans

BRAISING

Braising, a method of cooking by moist heat, is used for the less tender cuts of meat which require long slow cooking and presence of moisture to bring out the full flavor and make the meat tender.

To braise meat, brown it in a small amount of hot fat, then cover tightly and cook slowly in juices from the meat or in added liquid such as water, milk, cream, stock, diluted vinegar, fruit or vegetable juices. Add only a small amount of liquid at a time and do not allow to boil, but keep at a simmering temperature. Pot roasts, fricassees, casserole meats, smothered steaks and similar favorites are all cooked by braising. The following table gives the approximate cooking time for braising various cuts after they have been browned in fat.

TIME TABLE FOR BRAISING

CUT	AVERAGE WEIGHT OR THICKNESS	COOKING TIME
BEEF		
Pot roast	3-5 pounds	3-4 hours
Swiss steak	1½-2½ inches	2-3 hours
Fricassee	2-inch cubes	1½ hours
Beef birds	½x2x4 inches	1½ hours
Short ribs	Pieces 2x2x4 inches	1½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½-¾ inch	1½ hours
PORK		
Chops	¾-1½ inches	45-60 minutes
Spareribs	2-3 pounds	1½ hours
Tenderloin		
Whole	¾-1 pound	45-60 minutes
Fillets	½ inch	30 minutes
Shoulder steak	¾ inch	30-45 minutes
LAMB		
Breast–Stuffed	2-3 pounds	1½-2 hours
Breast–Rolled	1½-2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	½ pound each	1-1½ hours
VEAL		
Breast–Stuffed	3-4 pounds	1½-2 hours
Breast–Rolled	2-3 pounds	1½-2 hours
Birds	½x2x4 inches	45-60 minutes
Chops	½-¾ inch	45-60 minutes
Chops–Breaded	½-¾ inch	45-60 minutes
Steaks or cutlets	½-¾ inch	45-60 minutes
Shoulder chops	½-¾ inch	45-60 minutes

The inexpensive cuts of meat make flavorful pot roasts. Brown the meat well in a Dutch oven and add only a little liquid at a time. Long slow cooking does the trick. Add your favorite vegetables when the meat is nearly tender

BEEF

BEEF À LA MODE

5 pounds beef rump roast
¼ pound fat salt pork
Pepper
1 clove garlic, chopped
Salt, Cayenne, Flour
2 onions, sliced
4 tablespoons bacon drippings
1 bay leaf
1 sprig parsley
3 carrots, sliced
1 turnip, sliced
¼ cup boiling water

Cut deep gashes in beef. Slice salt pork very thin, rub with pepper and place in the gashes in meat. Rub meat with garlic, salt and cayenne and dredge with flour. Brown onions in bacon drippings, remove onions, place meat in kettle and place onions, bay leaf and parsley over meat. Cover and cook slowly until well browned on 1 side. Turn and brown on other sides. Add vegetables and brown well. Add boiling water, cover closely and simmer for 3 hours, or longer, adding more water as necessary. Serve with vegetables and gravy. Serves 10.

BEEF POT ROAST

1 tablespoon flour
2 teaspoons salt
¼ teaspoon pepper
3 pounds beef (chuck or rump)
1 onion, chopped
1½ tablespoons fat
2 cloves
2 cups boiling water

Mix flour with salt and pepper and dredge meat with mixture. Brown meat and onion in fat, add cloves and a small amount of boiling water. Cover and simmer for about 3 hours, or until meat is tender, adding more water as needed. One-half hour before meat is tender, potatoes may be added if desired. Serves 6.

Omit onion and cloves. Pour ⅓ cup grated horse-radish over meat after browning. Add water and proceed as above.

Use 1 cup cooked tomatoes instead of 1 cup water. Omit flour and cloves. Add whole or diced vegetables to meat ½ to 1 hour before meat is tender, or just soon enough for vegetables to be tender when meat is cooked. Carrots, potatoes, onions, green beans or peas may be used. Sprinkle meat with 1 teaspoon brown sugar, ½ teaspoon ginger, salt and pepper before browning.

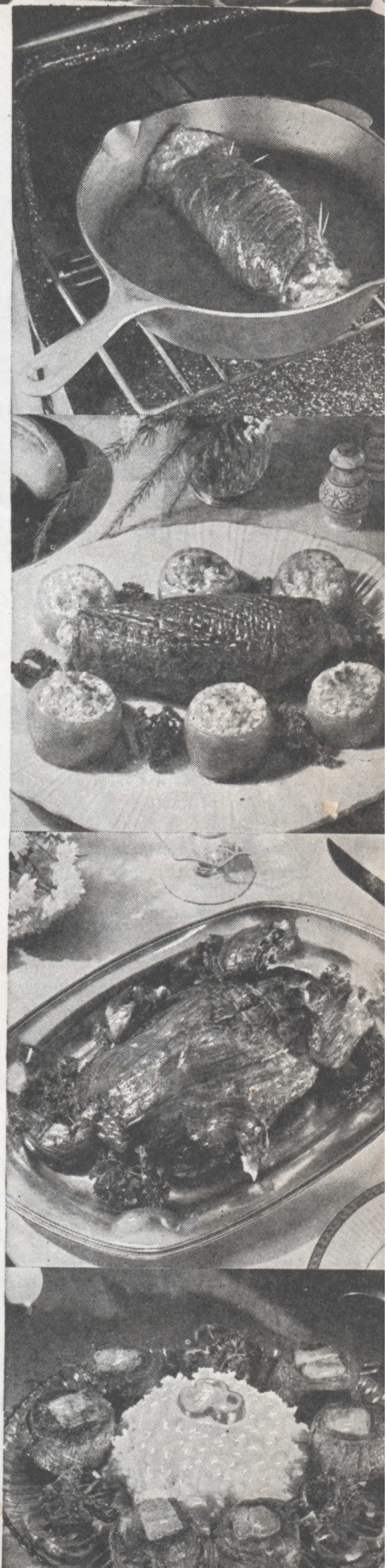
STUFFED FLANK STEAK

1 flank steak
Salt, Pepper, Flour
4 cups bread cubes
2 small onions, chopped
¾ cup chopped celery
1½ teaspoons sage
3 tablespoons butter

Have flank steak scored lightly crosswise. Sprinkle with salt and pepper, dredge with flour and pound well with potato masher. Combine bread cubes, onions, celery, sage and butter. Moisten with water and season with salt and pepper. Spread stuffing over flank steak, roll meat and tie or fasten edge with toothpicks. Brown in fat, add about ½ cup water, cover pan and cook in moderate oven (350°F.) about 1½ hours or until tender. Baste meat occasionally. Serves 6.

FLANK STEAK FILLETS—Roll steak around strips of salt pork, skewer, cut into slices. Brown in hot fat. Braise with tomatoes, onion and green pepper.

For the budgeteer, flank steak is ideal when stuffed and rolled, tied in tufts to make a turtle or cut in strips for skewered fillets



BARBECUED HAMBURGERS

1½ pounds ground beef
3 tablespoons chopped onion
½ cup bread crumbs
1½ teaspoons salt
¼ teaspoon pepper
Fat, Barbecue Sauce

Combine beef, onion, crumbs, salt and pepper. Form into patties and brown slowly in fat. Cover with barbecue sauce and cook 15 minutes longer, turning occasionally. Serves 6.

HAMBURGERS—Omit crumbs and sauce. Broil instead of frying.

BEEF BRISKET WITH SAUERKRAUT

4 pounds beef brisket
Hot water
1 tablespoon salt, Pepper
1 quart sauerkraut
1 cup vinegar
3 tablespoons brown sugar
1 uncooked potato, grated

Cover brisket with water, season and simmer 1 to 1½ hours. Add sauerkraut, vinegar and brown sugar. Cook about 1 hour longer or until meat is tender. Add potato and cook 10 minutes longer. Serves 8.

Sauerkraut is the ideal partner for beef brisket simmered to tenderness

BEEF UPSIDE-DOWN PIE

1½ cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon paprika
1 teaspoon celery salt
¼ teaspoon white pepper
5 tablespoons shortening
¾ cup milk
¼ cup sliced onion
1 can condensed tomato soup
½ pound ground beef

Sift flour, baking powder, ½ teaspoon salt and other seasonings together. Cut in 3 tablespoons of the shortening with 2 knives or pastry blender until mixture resembles coarse meal. Add milk and mix until blended. Cook onion until soft in remaining shortening. Add remaining salt, soup and meat and heat to boiling. Cover with biscuit mixture, bake in very hot oven (475°F.) about 20 minutes. Turn upside down on plate. For 6.

BREADED OXTAILS

2 oxtails
3 sprigs parsley, chopped
3 sprigs thyme
1 bay leaf
Salt and pepper
Dash cayenne
1 egg, beaten
1 cup sifted dry bread crumbs

Wash oxtails and cut into 4-inch lengths. Cover with boiling water. Add parsley, thyme, bay leaf, salt, pepper and cayenne; simmer until tails are tender, 2 to 3 hours. Let cool in the stock. Drain meat, dip into egg and roll in crumbs. Fry in hot deep fat (370°F.) until brown. Serves 4.

HUNGARIAN BEEF STEW

5 onions, chopped
6 tablespoons fat
2 pounds beef, cut into long strips
½ teaspoon salt, Dash marjoram
¼ teaspoon pepper
1 clove garlic, mashed
¾ cup white wine
½ pound bacon, chopped
2 cups sour cream

Brown onions in fat; add meat, salt, marjoram, pepper, garlic and wine; simmer until meat is nearly tender, about 1 hour. Cook bacon until crisp and add to meat mixture. Stir in sour cream and continue cooking until meat is tender, 15 to 30 minutes longer. Serves 8.

HUNGARIAN GOULASH

2½ pounds beef chuck
Fat
2 teaspoons salt
Pepper
2 onions, chopped
1 No. 2½ can tomatoes
¼ teaspoon allspice
¼ teaspoon cloves
1 bay leaf
½ cup beef stock
6 small potatoes, pared

Cut beef into cubes and brown in fat. Add remaining ingredients, except potatoes; cover closely and simmer about 3 hours or until meat is tender. Remove bay leaf. Add potatoes; cook until tender. Serves 6.

MEAT CROQUETTES

1 tablespoon fat
4 tablespoons flour
1 cup milk
2 cups finely ground cooked meat
2 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon minced parsley
Fine dry bread crumbs
1 egg

Melt fat, add flour and blend. Add milk and cook until very thick, stirring constantly. Add meat, lemon juice, seasonings and parsley. Chill thoroughly. Form into cylinders, pyramids or patties. Dip into crumbs, then into slightly beaten egg mixed with 2 tablespoons water and into crumbs again. Chill. Fry in hot deep fat (385°F.) until brown. Serves 4.

Omit lemon juice and add 1 tablespoon minced onion.

MEXICAN TAMALE PIE

1 cup corn meal
4 cups water, 1 teaspoon salt
1 medium onion
1 green or chili pepper
3 tablespoons cooking oil
2½ cups cooked tomatoes
2 cups ground cooked meat
1 teaspoon salt
Dash cayenne or chili powder

Cook corn meal, water and salt in top of double boiler for 45 minutes. Chop onion and pepper and fry in hot oil. Add tomatoes, meat, salt and cayenne or chili and cook until thickened. Line greased baking dish with half the mush, pour in meat mixture, cover with remaining mush and bake in hot oven (375°F.) 30 minutes or until top is lightly browned. Serves 6 to 8.

Use 3 cups cooked rice instead of first 3 ingredients.

POT ROAST WITH PRUNES

4-pound chuck or rump roast
3 tablespoons fat
2 onions, sliced
½ pound uncooked prunes, soaked
4 cloves
Salt and pepper
1 cup water, 1 cup cider

Brown meat on all sides in hot fat. Add onions and when browned, add remaining ingredients. Reduce heat, cover and simmer slowly until tender, 3 to 4 hours. Add more water from time to time if necessary. Serve with potato pancakes or buttered noodles. Serves 6 to 8.

Diluted vinegar may be used instead of cider.

MEXICAN SCRAMBLE

1 cup diced cooked steak
3 tablespoons chopped onion
1 tablespoon green pepper
2 tablespoons fat
1 No. 2 can whole kernel corn
1½ cups tomato juice
½ teaspoon chili powder
1¼ teaspoons salt

Sauté meat, onion and green pepper slowly in fat until lightly browned. Add corn, tomato juice and seasoning, and simmer in covered skillet for 30 minutes. Serve with browned rice for 6.

Prunes and apricots with pot roast add glamour to the meat and flavor to the gravy

SAUERBRATEN

3 pounds beef shoulder
Garlic (if desired)
2 teaspoons salt
Pepper
2 cups vinegar
2 cups water
½ cup sliced onion
2 bay leaves
1 teaspoon peppercorns
¼ cup sugar
Fat, Flour
1 cup sweet or sour cream

Rub meat with a cut surface of garlic, salt and pepper and place in bowl. Heat vinegar, water, onion, bay leaves, peppercorns and sugar together, but do not boil. Pour hot mixture over meat, cover bowl, and let stand in cool place 4 to 8 days, turning meat each day. Drain, saving vinegar mixture. Brown meat in fat, add ½ of strained vinegar, cover pan and simmer until tender, 2 to 3 hours, adding more vinegar as required to keep liquid about ½ inch deep in pan. Strain liquid and thicken with 2 tablespoons flour for each cup liquid. Cook until thickened and add cream. Serves 6.

CHILI CON CARNE WITH KIDNEY BEANS

1 onion, diced; 1 tablespoon fat
2 cups cooked tomatoes
1 pound ground beef
2 cups cooked red kidney beans
½ teaspoon chili powder
1 teaspoon salt

Brown onion in fat, add remaining ingredients, cover and simmer 20 minutes. Add water if mixture becomes too dry. Serves 6.

MEAT AND CHEESE LOAF

2 pounds ground beef
1½ cups diced cheese
2 eggs, beaten
1 large onion, chopped
1 large green pepper, chopped
2 teaspoons salt
1 teaspoon pepper
1 teaspoon celery salt
½ teaspoon paprika
3 cups milk
1 cup dry bread crumbs

Combine ingredients in order given; mix well. Press into 2 greased loaf pans and bake at 350°F. about 1½ hours. Serves 10.

FRUITED MEAT ROLL

1½ pounds ground beef
¾ pound ground pork
2 teaspoons salt
¼ teaspoon pepper
1 egg

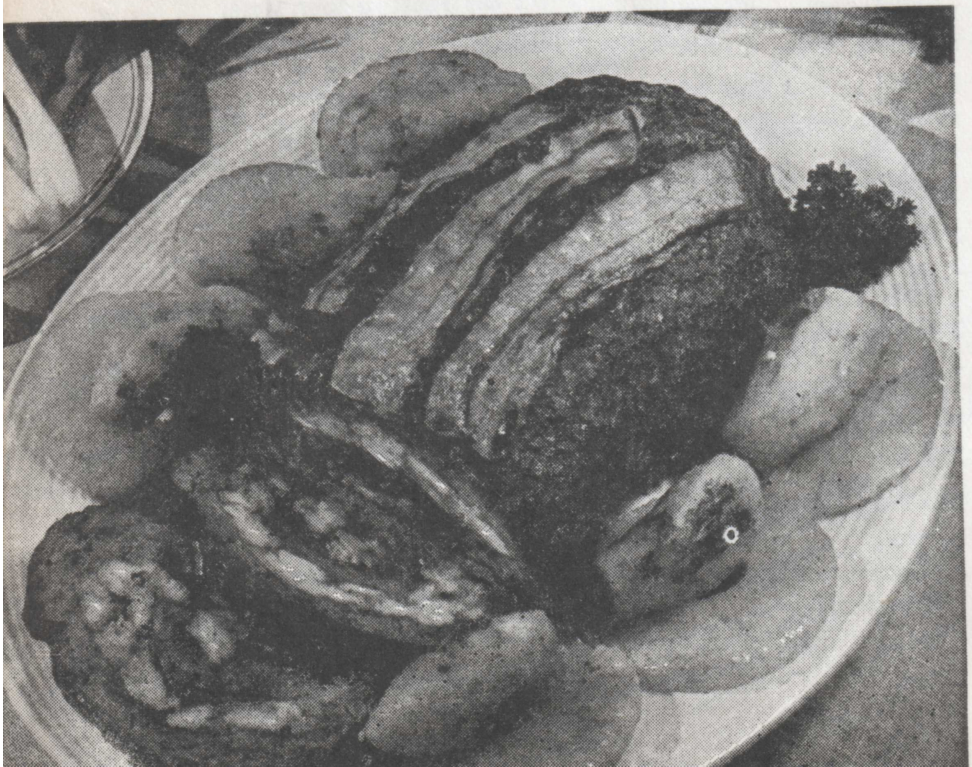
STUFFING—

½ cup seedless raisins
4 cups toasted bread cubes
⅓ cup minced onion
2 tablespoons minced parsley
2 teaspoons salt
⅛ teaspoon pepper
¼ teaspoon sage
⅔ cup water or soup stock

Mix meats, seasonings and egg. Spread out on waxed paper into a square about ½ inch thick. Rinse raisins, dry and combine with remaining ingredients. Spread evenly over meat, roll as for jelly roll, place in greased pan and brush with fat. Bake in moderate oven (350°F.) 1½ to 2 hours. Serves 8.

Use Spiced Ham Loaf or Sausage Loaf instead of meat above.

To vary your fruited meat loaf, spread the meat flat and roll in strips of bread. Garnish with broiled pineapple and sweet potatoes



MEAT LOAF RING

2 pounds ground beef
1 pound ground pork
¼ cup minced onion
½ cup prepared horse-radish
1 teaspoon prepared mustard
2 eggs, beaten
1 teaspoon salt
⅛ teaspoon pepper
½ cup tomato catchup

Combine first 8 ingredients and mix well. Pour catchup into bottom of greased ring mold. Fill mold with meat mixture and bake in moderate oven (350°F.) 1 hour. Unmold and fill center with creamed mushrooms. For 8.

SAVORY MEAT LOAF

2 pounds ground beef
1 egg, slightly beaten
¼ cup minced onion
1½ teaspoons salt
¼ teaspoon pepper
1¼ cups condensed vegetable soup
2 cups cereal flakes, crushed
½ cup fat

Mix ingredients thoroughly in the order listed except the fat. Shape into loaf and place in greased baking pan. Bake in moderate oven (350°F.) about 1½ hours. Baste meat every 15 minutes with a mixture of ½ cup fat and 1 cup boiling water. Serves 8.

SALISBURY STEAK

4 strips bacon
1½ pounds ground beef (chuck or round)
½ pound ground pork
1 tablespoon chopped onion
1 tablespoon minced green pepper
1 tablespoon chopped parsley
1 teaspoon salt
½ teaspoon pepper

Chop bacon and mix lightly with meat, onion, green pepper, parsley and seasonings. Shape into cakes and place them 3 inches under broiler heat. Broil 12 minutes, turning once. Serves 6.

SHORT RIBS OF BEEF

3 pounds beef short ribs
1 clove garlic
1 small onion
2 cups canned tomatoes
1 teaspoon paprika
Salt and pepper

Cut short ribs into serving pieces. Rub with cut clove of garlic. Place in kettle and slice onion over top. Cover with water, cover kettle tightly and cook slowly for 2 hours. Transfer short ribs to greased baking dish, add tomatoes and seasonings, cover and cook in slow oven (300°F.) about 1 hour, or until short ribs are very tender. Remove cover for last 15 minutes of cooking so that short ribs will brown slightly. Serves 6.

BRAISED—Brown 2 pounds short ribs, add 1½ teaspoons salt and water to cover bottom of pan. Cover tightly; cook in 300°F. oven 2½ hours. Serves 4.

SMOTHERED MEAT BALLS

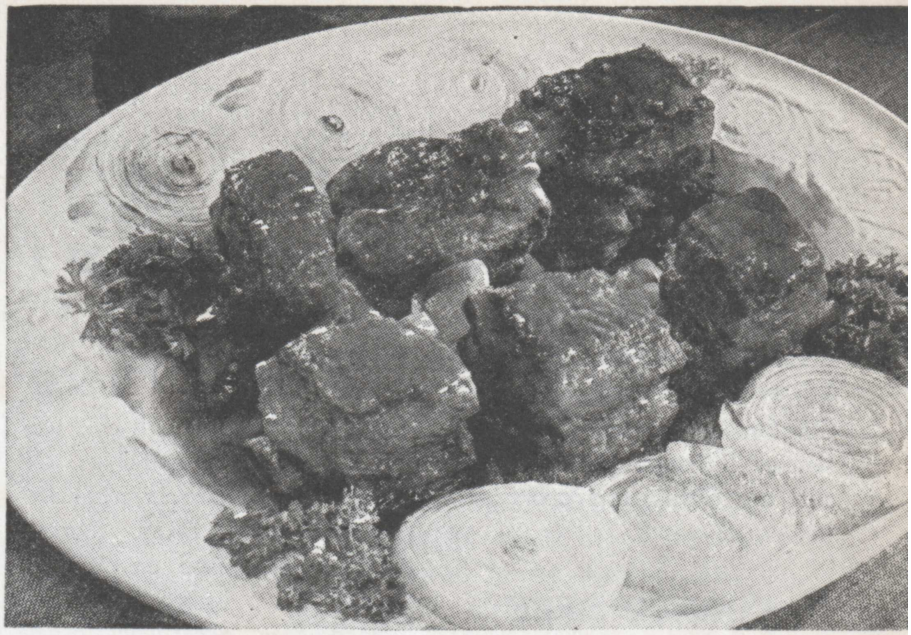
2 pounds ground beef
1 cup soft bread crumbs
2 eggs
½ cup milk
Salt and pepper
2 tablespoons fat
1 can onion soup

Combine beef and crumbs. Add eggs, milk and seasonings and mix thoroughly. Shape into balls and brown in fat. Add onion soup and cook slowly for 20 minutes or until meat balls are tender. Serves 8.

Use mushroom soup instead of onion soup.

Flatten balls into patties and wrap each with strip of bacon.

WALNUT—Add 1 cup chopped walnut meats to meat and use tomato soup instead of onion soup. Garnish with watercress.



There's plenty of flavor and nourishment in braised short ribs of beef

SPANISH RICE

6 slices bacon, chopped
1 onion, chopped
1½ pounds ground beef
1 teaspoon salt
1 cup uncooked rice
4 cups (about) tomato juice, heated
1 teaspoon paprika

Sauté bacon slowly and pour off part of fat. Brown chopped onion and beef in hot fat. Add salt. Wash rice, drain and add with 1½ cups tomato juice and paprika to meat. Pour into greased casserole and bake in moderate oven (350°F.) until rice is tender, about 30 minutes, adding more tomato juice as it is absorbed. Serves 6.

SWISS STEAK IN SOUR CREAM

3 pounds round steak (2 inches thick)
Flour, Salt, Pepper, Fat
2 onions, sliced
½ cup water
½ cup sour cream
2 tablespoons grated cheese
¾ teaspoon paprika

Dredge steak with flour and season with salt and pepper. Brown on both sides in hot fat. Add remaining ingredients, cover pan closely and simmer until meat is tender, about 2½ hours. Serves 6 to 8.

STUFFED CUBED STEAKS

4 cubed steaks (1 pound)
¼ teaspoon salt
Pepper
2 tablespoons flour
1 cup soft bread crumbs
¼ teaspoon poultry seasoning
1 teaspoon minced onion
2 tablespoons butter, melted
2 tablespoons water
⅓ cup rice, cooked
2½ cups canned tomatoes
¼ teaspoon salt
2 tablespoons butter

Wipe steaks with a damp cloth; roll in mixture of salt, pepper and flour. Combine crumbs, poultry seasoning, onion, butter and water to make a stuffing. Place steaks with cut side up, and cover each with a fourth of stuffing. Fold steaks over stuffing, fasten with skewers or toothpicks and place in greased shallow baking dish. Place rice around meat rolls, add tomatoes, salt and butter. Cover dish and bake in moderate oven (350°F.) about 1 hour or until steaks are tender. Serves 2 or 4.

Use Sage Stuffing and omit crumbs, poultry seasoning, onion, butter and water.

CORNED BEEF AND CABBAGE

4 pounds corned beef
1 large head cabbage

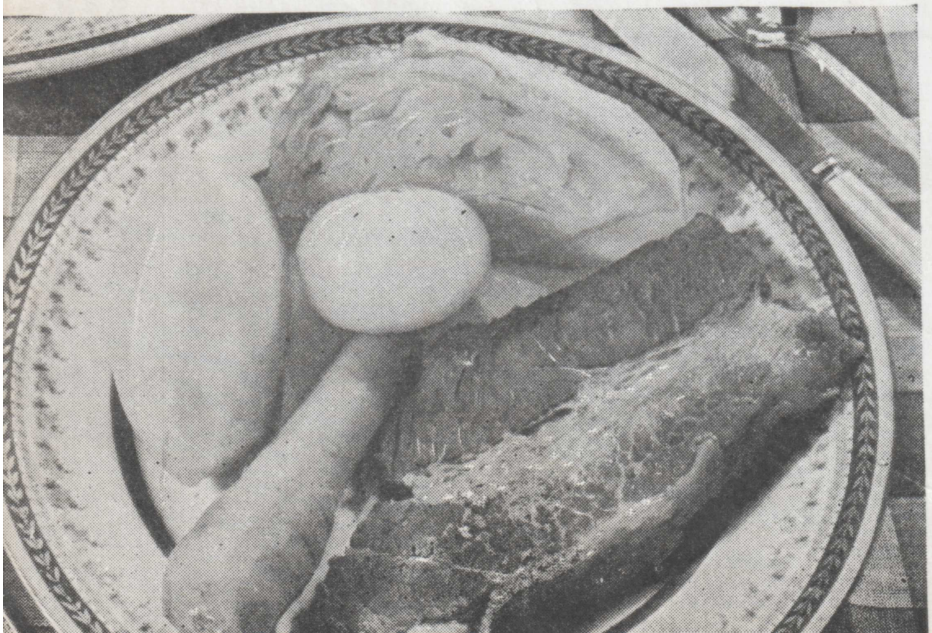
Cover meat with cold water and simmer 3 hours. Add cabbage, cut into eights, and cook until tender. Serves 8.

CORNED BEEF DELICIOUS

1½ tablespoons unflavored gelatin
⅓ cup cold water
2 bouillon cubes
2 cups boiling water
¼ teaspoon Worcestershire sauce
½ teaspoon salt
1 cup diced celery
¾ cup drained canned peas
¼ cup sliced radishes
½ cup diced pickled beets
¾ cup diced corned beef

Soften gelatin in cold water. Dissolve bouillon cubes in boiling water, pour over gelatin and stir until dissolved. Add Worcestershire sauce and salt. Chill until mixture begins to thicken. Fold in remaining ingredients and chill until firm. Serves 10.

New Englanders like plenty of vegetables with corned beef in their boiled dinner



BAKED CORNED BEEF

4 pounds corned beef
1 cup brown sugar, Whole cloves

Cover corned beef with cold water, heat to boiling and skim. Reduce heat and simmer meat until tender 3 to 4 hours. Remove from water, place on rack in roaster. Rub brown sugar over corned beef. Insert whole cloves into meat in diagonal rows and bake in moderate oven (325°F.) until browned. Serves 10 to 12.

BAKED SAUERKRAUT WITH CORNED BEEF HASH

1 No. 2½ can sauerkraut
1 No. 2 can corned beef hash
1 cup tomato juice
2 tablespoons chopped onion
2 teaspoons prepared horse-radish
1 strip bacon

Place sauerkraut in bottom of greased baking dish. Combine hash, tomato juice, onion and horse-radish; spread over sauerkraut. Cut bacon into ½-inch strips and arrange over top of hash. Bake in very hot oven (450°F.) about 20 minutes. Serves 8.

CORNED BEEF LOAF

4 crackers, crushed
1½ pounds cooked corned beef, ground
1 egg, slightly beaten
¼ cup water
Pepper
½ teaspoon sage
1 onion, minced

Combine crackers with corned beef, add remaining ingredients and mix thoroughly. Pack into greased loaf pan and bake in moderate oven (350°F.) 45 to 60 minutes. Serve hot or cold. Serves

NEW ENGLAND BOILED DINNER

4 pounds corned beef
1 head cabbage
6 carrots, 6 onions
6 white turnips
8 potatoes, 8 beets

Cover meat with cold water; simmer for 3 hours. Prepare vegetables, cutting turnips into quarters and cabbages into eights. Cook beets in boiling water. Add remaining vegetables to meat and cook until tender. Drain and serve vegetables on platter with meat. Serves 4. Leftovers are made into Red Flannel Hash.

RED FLANNEL HASH

9 cooked beets, chopped
6 cooked potatoes, chopped
1½ cups chopped cooked corned beef
½ cup fat, melted
2 teaspoons salt
⅛ teaspoon pepper
6 tablespoons water

Combine beets, potatoes, corned beef, fat, salt, pepper and water. Place in greased baking dish and bake in moderate oven (350°F.) about ¾ hour. Serves 6.

BRAISED LAMB NECK SLICES WITH VEGETABLES

4 double lamb neck slices
2 tablespoons flour
2 tablespoons fat, 1 cup water
4 carrots, 2½ cups green beans
3 potatoes, pared
Salt and pepper

Have double lamb neck slices cut ¾ to 1 inch thick. Dredge with flour and brown in hot fat. Add water, cover, and cook slowly for 1 hour. Cut carrots, green beans and potatoes into small pieces and place in greased casserole. Season. Place lamb neck slices on top. Pour liquid from neck slices into casserole, cover and place in slow oven (300°F.). Cook until vegetables are tender, about 30 minutes. Serves 4.

LAMB CURRY PIE

2 pounds lamb (shoulder or breast)
1 onion, diced; 1 tablespoon fat
3 cups hot water
¼ teaspoon thyme
2½ teaspoons salt
2 tablespoons flour
1 teaspoon curry powder
¼ cup water
3 cups cooked rice

Cut lamb into 1-inch cubes. Brown lamb and onion in fat; add water, thyme and salt; simmer 1½ hours or until meat is tender. Combine flour and curry powder; add cold water and mix to a smooth paste; add to lamb. Line greased baking dish on sides and bottom with rice, pressing rice firmly into place. Fill center with lamb mixture and bake in moderate oven (350°F.) 20 minutes. Serves 6.

Omit rice and cover top of curry with baking powder biscuit dough. Bake in hot oven (425°F.) 15 to 20 minutes.

HASHED MEAT IN CABBAGE LEAVES

1 head cabbage
1 pound lamb, minced
2 onions, chopped
1 cup uncooked rice
Salt and pepper
3 to 4 tomatoes, sliced
½ cup water
Meat stock

Cook cabbage until tender; drain and carefully separate leaves from stem end. Combine lamb, onions, rice, salt and pepper and mix well. On each cabbage leaf place 1 tablespoon of meat mixture, roll leaf over filling and turn ends under so as to secure each roll. Place filled leaves in greased pan, add tomatoes, water and sufficient stock to half cover rolls. Cook in moderate oven (350°F.) about 1 hour or until rice is tender. Serves 6.

ENGLISH HOT POT

6 potatoes, pared and sliced
1½ pounds lamb shoulder or breast
2 lamb kidneys (optional)
1 large onion, sliced
Salt and pepper
1 cup water
2 tablespoons butter, melted

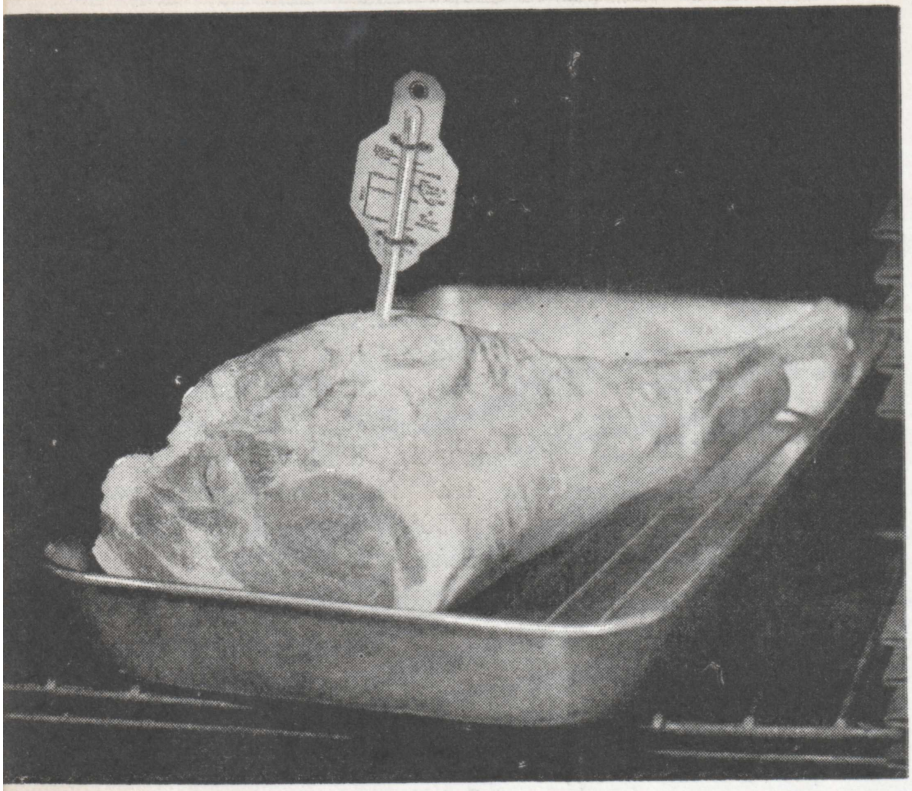
Place half of potatoes in greased casserole, then add meat, cut into cubes. Cover with sliced onion and season with salt and pepper. Add water. Place remaining potatoes on top, covering meat completely. Brush with melted butter. Place in moderate oven (350°F.) and cook for 2 hours. Serves 4 to 6.

LAMB CASSEROLE

2 pounds lamb shoulder
2 teaspoons chopped onion
2 tablespoons bacon fat
2 tablespoons flour
¾ cup meat or mushroom stock
Salt and pepper
1 cup tomatoes, 1 cup mushrooms

Cut meat from shoulder into pieces. Brown meat and onions in fat. Place in casserole, add flour to remaining fat in pan and stir until browned. Add meat stock and cook until thickened. Pour over meat, add seasoning, tomatoes and mushrooms. Cover casserole and bake in moderate oven (350°F.) 1 hour. Sprinkle with chopped parsley. Serves 4.

There are tender morsels of meat on these neck slices. Braise with vegetables



Leg of Spring lamb takes so little work if the thermometer is inserted in the thickest muscle and allowed to roast on a trivet

ROAST LEG OF LAMB

1 leg of lamb (about 5 pounds)
1 clove garlic, 1 teaspoon ginger

Wipe meat with a damp cloth. Do not remove fell, the thin paperlike covering over meat. With a sharp knife, make 4 gashes in the roast. Cut garlic into 4 slivers and insert a piece into each gash. Rub meat with the ginger, season with salt and pepper and dredge with flour. Place in roaster, fat side up and roast, uncovered, in slow oven (300°F.) until tender. Allow 30 to 35 minutes per pound for roasting. When meat thermometer registers 180°F., the lamb will be well done. Remove garlic before serving. Allow ½ to ¾ pound per person.

BARBECUED LAMB—Mix 1 teaspoon mustard with the ginger, salt and pepper and rub over meat. Slice 2 onions over meat, and baste frequently while roasting with mixture of 2 tablespoons chili sauce, 1 tablespoon Worcestershire sauce, 1 tablespoon vinegar, 2 tablespoons salad oil and 1 cup boiling water.

GLAZED LAMB ROAST—Omit garlic, ginger and flour. Rub 2 cups cooked apricots and juice through a sieve. Add ¾ cup sugar and cook slowly until thickened. Baste lamb frequently.

Omit garlic and ginger. Baste lamb while cooking with vinegar flavored with minced mint leaves.

Omit garlic and ginger. Baste lamb while cooking with mixture of ½ cup tomato catchup and 2 tablespoons Worcestershire sauce.

Omit garlic and ginger. Rub meat with ½ cup minced mint leaves. Baste meat frequently during the last hour of roasting with ½ cup grape juice jelly melted in ½ cup hot water.

Omit garlic and ginger. Cover meat with pineapple slices 1 hour before meat is done.

A garnish of broiled pineapple and fresh mint brings leg of lamb to dinner for the most critical guest

STUFFED BREAST OF LAMB

1 lamb breast
Salt and pepper
2 cups Celery or Prune Stuffing
Fat
½ cup water or stock

Have pocket cut in lamb breast, season inside of pocket and fill with stuffing; sew or skewer edges of pocket and brown in fat. Add water, cover pan closely and cook in moderate oven (350°F.) 2 hours or until tender. Allow ½ to ¾ pound per serving.

STUFFED LAMB ROLL—Have breast boned. Spread stuffing over top of breast, roll and tie. Proceed as above, cooking 30 to 35 minutes per pound.

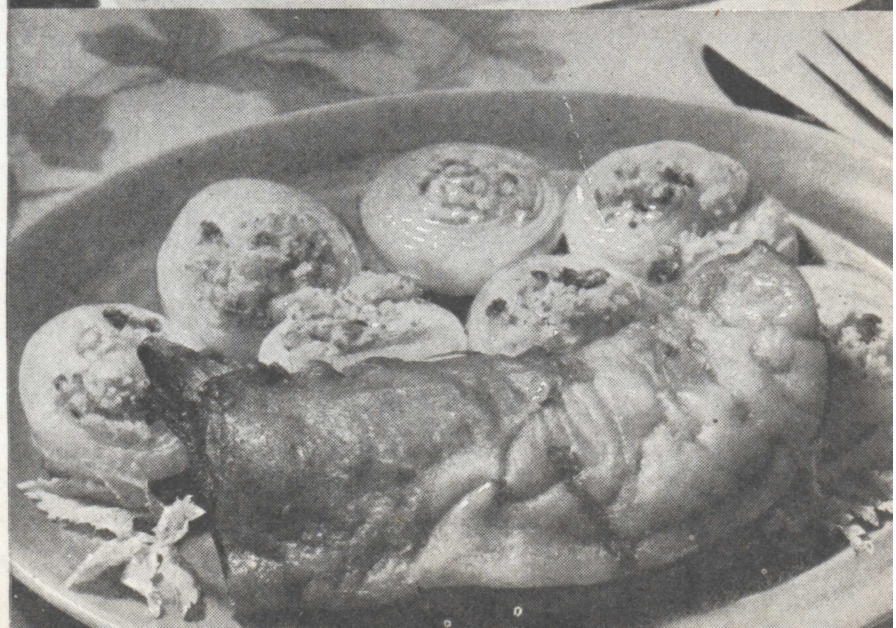
STUFFED LAMB SHOULDER—Remove bone from shoulder, fill with Apple Stuffing and skewer. Season, place on rack of roaster and cook, uncovered in 300°F. oven 35 minutes per pound.

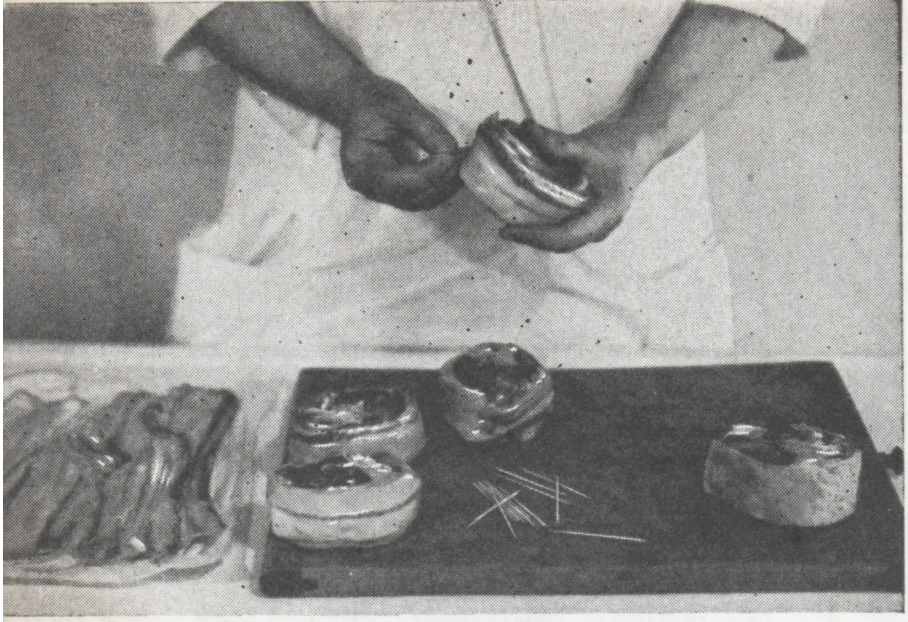
CROWN ROAST OF LAMB

Crown roast of lamb
Salt pork
Salt and pepper
½ recipe Sage Stuffing

Have the crown prepared at the market. Place squares of salt pork over rib ends to prevent charring. Season the crown and fill with stuffing. Place on rack of roaster. Do not cover and do not add water. Bake in slow oven (300°F.) 30 minutes per pound. Remove salt pork and place paper frills over rib ends. Allow ½ pound per serving.

If a leg of lamb is too large for your family try a stuffed lamb breast





Boned lamb chops rolled and wrapped in bacon slices are held securely with picks

BARBECUED LAMB HASH

3 cups diced cooked lamb
¼ cup grated onion
Fat
2 cups Barbecue Sauce (made without mustard and celery)
4 potatoes, cooked and diced

Brown lamb and onion lightly in fat. Add sauce and simmer for 5 minutes. Add potatoes and heat thoroughly. Serves 6.

PLANKED LAMB CHOPS

6 loin lamb chops (1½ inches thick)
Salt and pepper
Brussels sprouts, cooked
Mashed potatoes

Remove bones from meat and roll each chop by wrapping tail of chop around large "eye" of meat. Preheat oven to moderate (350° F.) and place chops 3 inches below broiler heat. Brown chops on both sides and season. Place chops on individual planks, with Brussels sprouts and border with mashed potatoes pressed through a pastry tube. Place under broiler heat until potatoes are browned and serve immediately. Serves 6. Wrap a strip of bacon around each chop before broiling if desired.

Rolled and planked lamb chops in their best bib and tucker are ready for the Easter parade

BROILED LAMB CHOPS

8 lamb chops, 1½ inches thick
Salt and pepper

Broil chops for 9 minutes in a preheated broiler, 4 inches from heat. Season, turn and broil on the other side for 9 minutes. Season. Serves 4.

LAMB EN BROCHETTE

2 pounds lamb steak (sliced ¾ inch thick)
3 tablespoons cooking oil
6 tablespoons lemon juice
1 onion, minced; 1 teaspoon salt
½ pound mushrooms

Cut lamb into 1-inch squares. Combine oil, lemon juice, onion and salt; pour over lamb and let stand for several hours. Drain lamb and arrange on skewers alternately with mushroom caps. Place 4 inches below moderate broiler heat and broil about 12 to 15 minutes, turning several times. Serves 6.

SPICY LAMB SHANKS

4 lamb shanks
Salt and pepper, Flour
1 cup water
1 cup cooked prunes, pitted
1 cup cooked dried apricots
½ cup sugar
½ teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon cloves
3 tablespoons vinegar
¼ teaspoon salt

Season meat with salt and pepper, dredge with flour and place in greased baking dish. Cover and bake in moderate oven (350°F.) until meat is tender, 1¾ to 2 hours. Combine remaining ingredients, heat to boiling and simmer about 5 minutes. Drain most of fat from cooked shanks, add fruit mixture to meat, cover dish and bake in hot oven (400° F.) about 30 minutes. Serves 4.

TO COOK BACON

BROILED—Place slices of bacon on rack of broiler, 4 inches below medium broiler heat. Broil about 2 minutes, turn and cook 2 minutes longer or to desired crispness.

FRIED—Place bacon in cold frying pan over low heat. Cook slowly to desired crispness, turning frequently. Pour off fat as it accumulates. Drain on absorbent paper.

BAKED—Place strips of bacon on wire rack placed over shallow baking pan. Bake in hot oven (400°F.) 12 minutes or to desired crispness. Do not turn.

Use bacon fat as fat in Apple Stuffing, to fry potatoes or for shortening in biscuits.

BRAISED PORK STEAKS WITH GRAPE APPLES

2 pounds pork shoulder steaks
2 tablespoons flour
2 tablespoons fat
Salt and pepper
3 large apples
½ glass grape jelly
¾ cup boiling water

Dredge pork shoulder steaks in flour and brown in hot fat. Season with salt and pepper. Add ¼ cup water, cover tightly, and cook very slowly until tender, about 45 minutes. Pare apples, core and cut into halves. Dissolve grape jelly in boiling water, add apples and cook until tender. Serve around pork steaks for 4.

PORK ROAST WITH SPICY SAUCE

Fresh picnic shoulder
Salt and pepper
2 small onions, minced
1 tablespoon Worcestershire sauce
1 tablespoon sugar
½ teaspoon paprika
½ cup vinegar, ½ cup water
2 tablespoons catchup

Have picnic shoulder boned and rolled at the market. Season with salt and pepper. Place fat side up on rack in open roaster. Roast in moderate oven (350°F.) until meat thermometer registers 185° F., or allow 40 to 45 minutes per pound. Combine other ingredients and cook together for 5 minutes. Serves 6.

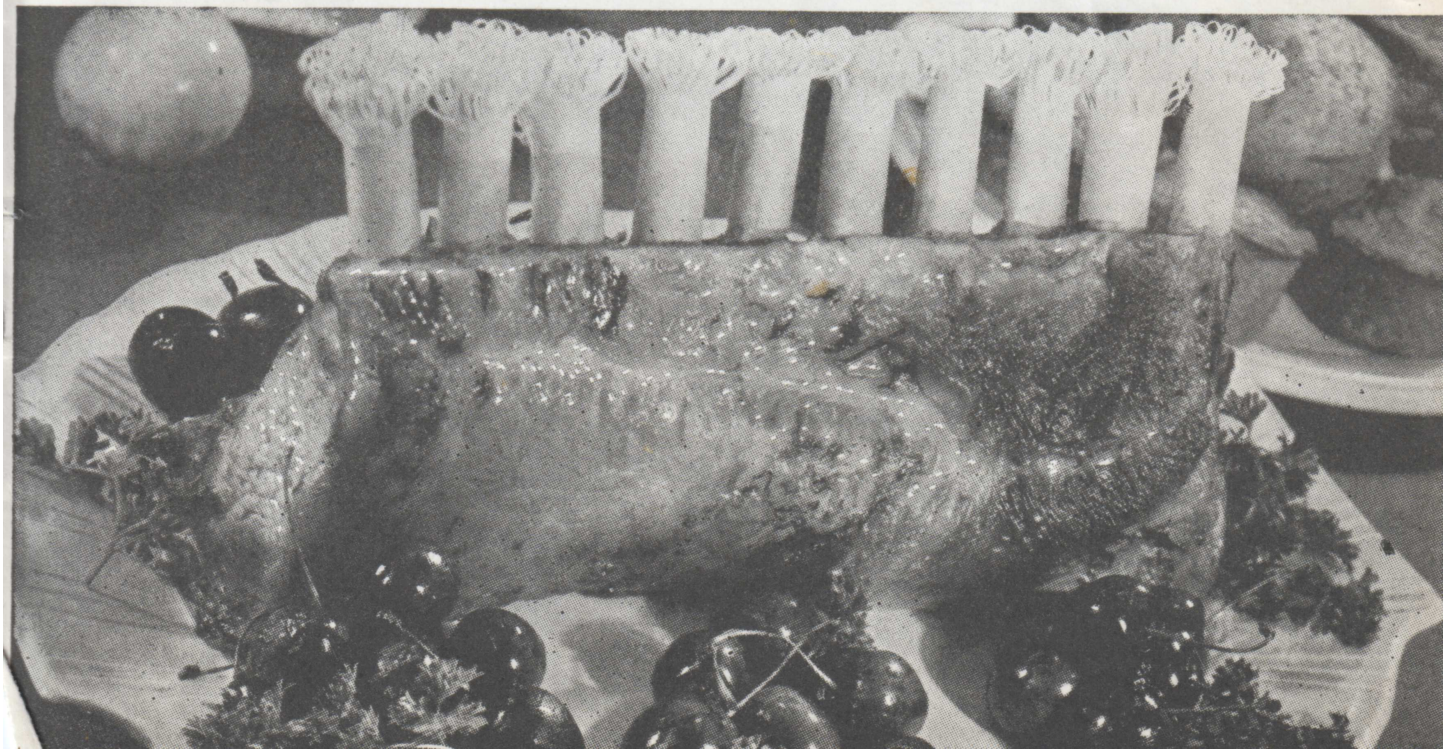
CANDLE ROAST OF PORK

Loin of pork
1½ tablespoons salt
Pepper, Cubes of salt pork

Have pork prepared at the market as for crown roast but without rolling. Meat should be in one straight piece. Rub salt and pepper into meat. Place in pan, cover tip of each bone with salt pork. Roast in a moderate oven (350°F.) allowing 30 minutes per pound. To serve, replace salt pork with paper frills. Four pounds serves 8.

PORK ROAST, PADRE—Place leg or shoulder of pork in crock. Combine 3 bay leaves, 12 peppercorns, 1 chili pepper, 3 teaspoons salt, 1 clove garlic and 1 onion, sliced. Add to meat with vinegar to cover. Let stand 4 days. Remove from vinegar; roast in 350°F. oven 35 to 40 minutes per pound, basting frequently with the vinegar.

The candle roast of pork or lamb is the unrolled crown and just as decorative



CRANBERRY MEAT LOAF

¼ cup brown sugar
½ cup cranberry sauce
1 pound ground beef
½ pound ground smoked ham
½ pound ground fresh pork
¾ cup milk, ¾ cup cracker crumbs
2 eggs, 1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons diced onion
3 bay leaves

Spread sugar over bottom of greased loaf pan. Mash cranberry sauce and spread over sugar. Combine remaining ingredients, except bay leaves. Shape into loaf and place on cranberry sauce. Place bay leaves on top of loaf. Bake in moderate oven (350°F.) about 1 hour. Remove bay leaves before serving. Serves 12.

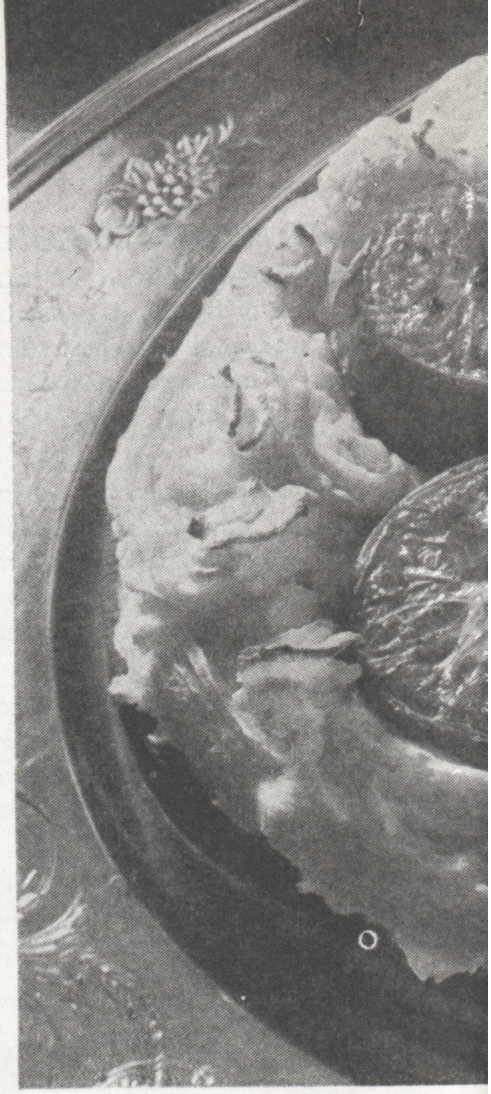
HAM LOAF

2 cups ground cooked ham
1 cup bread or cereal crumbs
1 egg
2 tablespoons chili sauce
1 cup ground carrots
1 cup milk

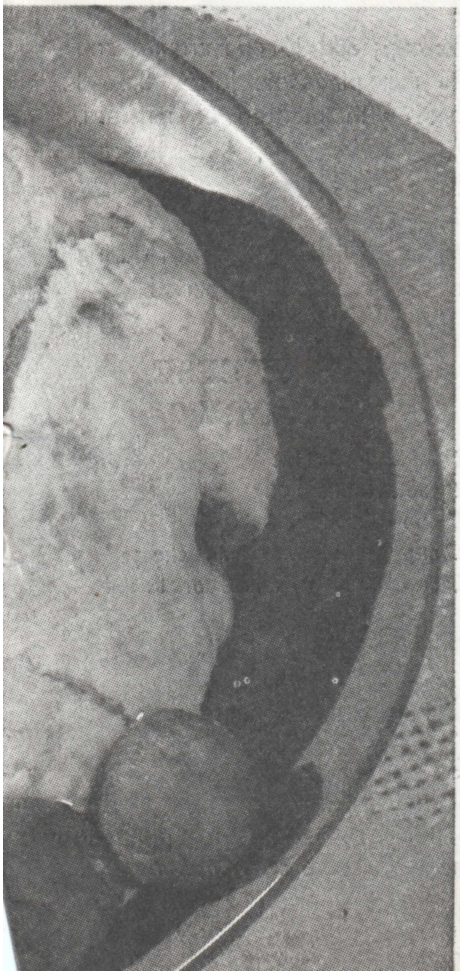
Combine ingredients. Bake in loaf pan in moderate oven (350°F.) about 45 minutes. Serves 6.

SPICED HAM LOAF—Omit chili sauce and carrots, reduce milk to ½ cup. Add ½ pound ground lean pork, 1 tablespoon brown sugar and ¼ teaspoon cloves. Soften cereal crumbs in milk, then mix and bake as above. Serve with Horse-radish Sauce.

SAVORY HAM LOAF—Omit chili sauce and carrots. Add 1 pound ground fresh ham and 1 tablespoon mustard. Increase crumbs to 1½ cups and milk to 1½ cups. Use 2 eggs. Bake about 1 hour



You never know what's under the blanket crust. This time it's a savory ham loaf



HAM LOAF IN BLANKET

1 onion, chopped
Bacon drippings
2 cups finely chopped cooked potatoes
1½ cups chopped cooked ham
2 eggs, ½ cup milk
Salt and pepper
Baking powder biscuit dough (made with 2 cups flour)

Brown onion in drippings, add potatoes, mix well and combine with next 5 ingredients. Heat thoroughly. Roll biscuit dough into rectangle ¼ inch thick. Shape hot ham mixture into a loaf and draw dough up over mixture to form a roll. Press edges of dough firmly together. Slash top, place on baking sheet and bake in hot oven (425°F.) 15 to 20 minutes. Serve with Mushroom Sauce for 8.
Other cooked meat may be used.

Starring meat loaf, with a supporting cast of onions, tomatoes and duchess potato planked for company dinner

JELLIED HAM LOAF

1½ tablespoons unflavored gelatin
¼ cup cold water
¾ cup boiling water
¼ cup vinegar
½ teaspoon salt
2 cups diced cooked ham
½ cup diced celery
1 pimiento, chopped
½ green pepper, chopped
½ tablespoon minced onion
2 hard-cooked eggs, sliced

Soften gelatin in cold water, then dissolve in boiling water. Add vinegar and salt. Cool. When mixture begins to thicken add remaining ingredients, except eggs. Arrange egg slices on bottom and sides of mold, pour in the ham mixture. Chill. Unmold and serve on lettuce. Serves 6.

BAKED HAM

1 smoked ham
Glaze, Whole cloves

Have ham warmed to room temperature and bake according to directions given by packer, or as follows: Wipe ham with clean cloth, wrap loosely in one of the papers wrapped around ham or in clean wrapping paper and place fat side up on rack of shallow pan. Do not cover pan or add water. For baking allow 15 minutes per pound for hams, 12 pounds or over; allow 18 minutes per pound for hams, under 12 pounds; allow 22 minutes per pound for half hams; or bake to an internal temperature of 150°F., being sure bulb of thermometer is inserted into center of thickest part of meat and does not touch bone. Bake in slow oven (325°F.) until within 45 minutes of total baking time. Remove paper and rind from ham, make a series of shallow cuts across fat to cut into squares or diamonds, spread with desired glaze and insert 1 clove into each square of fat. Bake uncovered in 325°F. oven for remaining 45 minutes.

GLAZES:

One cup brown sugar, juice and grated rind of 1 orange.

One cup brown or white sugar and ½ cup maraschino cherry juice, cider or sweet pickle juice from pickled fruit.

One cup honey.

One cup brown sugar, 1 tablespoon mustard.

One cup puréed apricots, rhubarb or applesauce.

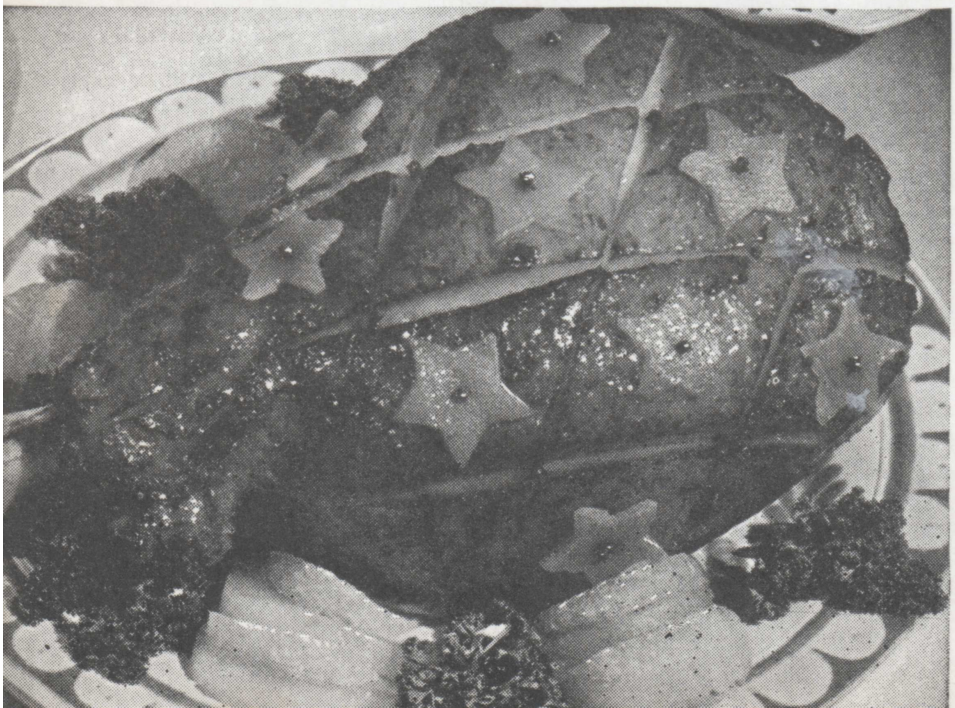
One glass currant jelly, melted. Use maraschino cherries and mint cherries fastened with pieces of toothpicks instead of cloves.

Three-fourths cup pineapple juice, ¾ cup strained honey and ½ teaspoon mustard cooked until thick.

One-half cup maple sirup, ½ cup cider or apple juice and 2 tablespoons mustard.

One-half cup orange marmalade. Cook ½ pound fresh cranberries with 1 cup maple sirup until skins pop open. Press mixture through sieve and spread over ham.

Decorate baked ham with golden stars of orange peel to give dinner an extra sparkle



HAM AND RICE SCALLOP

1 cup uncooked rice
2 thin slices ham, Salt
3 cups milk

Wash rice and cut ham slices into serving pieces. Arrange rice and ham in alternate layers in greased baking dish, using rice for bottom and top layers. Season, add milk and bake in moderate oven (350°F.) 1 hour. Serves 6.

HAM BAKED IN MILK

1 teaspoon dry mustard
4 tablespoons brown sugar
1 slice ham (2 inches thick)
Milk

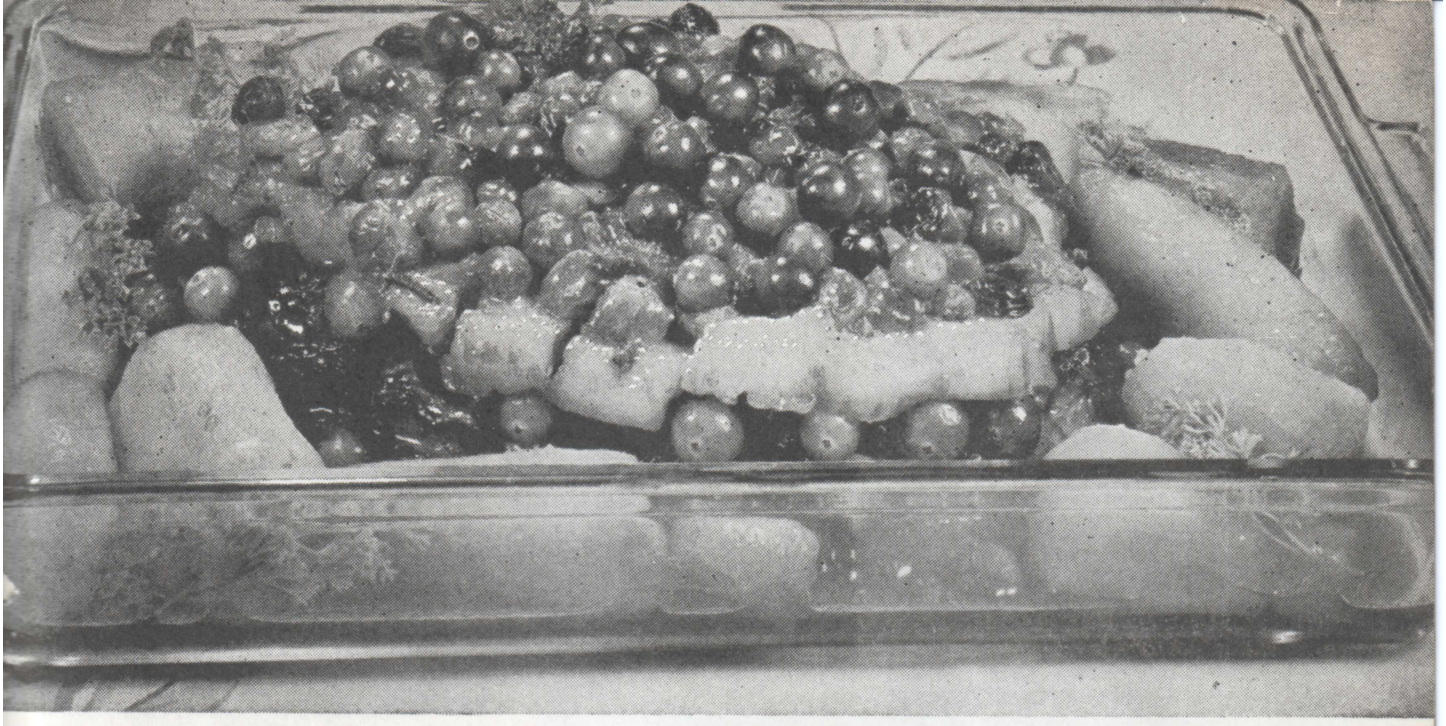
Mix mustard and brown sugar together and spread over ham. Place in casserole, add enough milk to barely cover ham. Bake in slow oven (300°F.) 1 hour. Center slice of ham will serve 6.

BAKED HAM WITH PINEAPPLE—Omit milk, increase sugar to ½ cup; add ½ cup crumbs and ¾ cup pineapple juice. Spread ham with mixture of mustard, sugar and crumbs. Add pineapple juice and bake as above. After 15 minutes add 5 or 6 slices pineapple and cook with ham during remainder of baking period.

HAM CHEESE SAVORY

2 tablespoons fat
2 tablespoons flour
1 cup milk
1 cup grated American cheese
1 cup chopped spiced or boiled ham
Salt, pepper and paprika

Melt fat, blend in flour, add milk and cook until thickened, stirring constantly. Add cheese and stir until melted. Add ham and seasonings. Cook slowly until well heated. Serve on rice, for 4.



HAM SOUFFLÉ

2 tablespoons flour
2 cups milk
¾ cup ground cooked ham
¼ pound cheese, grated
3 eggs, separated
½ teaspoon salt
⅛ teaspoon pepper

Mix flour with milk, heat to boiling and cook for 3 minutes; add to ham, cheese and slightly beaten egg yolks; fold in stiffly beaten egg whites. Season with salt and pepper, pour into baking dish, set in pan of hot water and bake in moderately slow oven (325°F.) until firm, 45 to 60 minutes. Serve with or without a thin white sauce. Serves 6.

SWEET POTATO HAM PUFFS

1 cup ground cooked ham
2 cups mashed sweet potatoes
1 egg, beaten
¾ cup sifted flour
1 teaspoon baking powder
½ teaspoon salt

Combine ham, sweet potatoes and egg. Sift flour, baking powder and salt together, and add to ham mixture. Drop by spoonfuls onto a hot greased griddle; brown on each side. Serves 5.

UPSIDE-DOWN HAM LOAF

1½ tablespoons fat
4 tablespoons brown sugar
3 apples
1 recipe Savory Ham Loaf
1 tablespoon minced onion

Melt fat and sugar in heavy skillet and cover with ½-inch thick slices of pared, cored apples. Brown fruit slightly. Combine ham mixture with onion and spread over apples. Pat down firmly and bake in moderate oven (350°F.) about 45 minutes. Pour off any excess fat and turn out upside down on serving platter. Serves 4 to 6.

Use pineapple slices instead of apples. Arrange them in an attractive design and place a maraschino cherry in the center.

HAM WITH GREEN BEANS— Cover 3 pounds smoked ham with water and simmer 2 hours. Clean 1 quart green beans and break into small pieces. Pare and quarter 6 medium potatoes. Add beans and potatoes to ham, cook 10 minutes, add salt and pepper and cook 15 minutes longer or until vegetables are tender. Serves 6.

Cook sweet potatoes with the cranberry ham slice for a revelation in flavor

CRANBERRY HAM SLICE

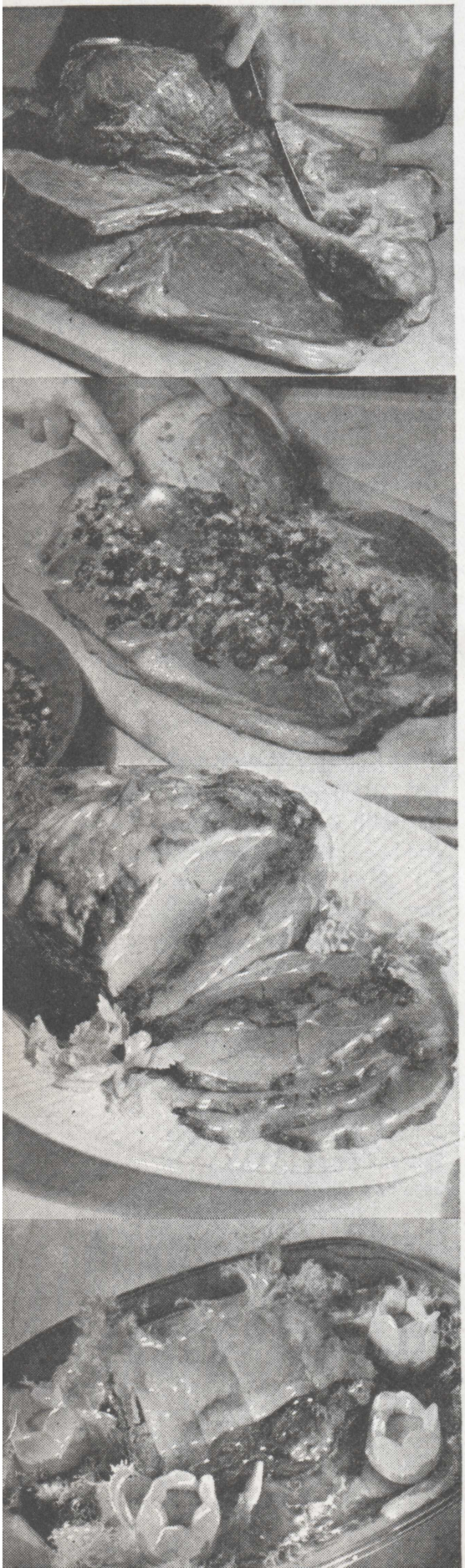
1 slice ham (1 to 2 inches thick)
Whole cloves
1½ cups cranberries
¾ cup strained honey

Trim ham and insert cloves into fat. Wash cranberries, dry and mix with honey. Pour over ham and bake in moderate oven (350° F.) about 1½ hours or until ham is tender. Baste occasionally with liquid in pan. One center slice serves 6.

HEADCHEESE

1 hog's head, 1 hog's tongue
Salt and pepper
Sage or chili powder

Clean and scrape hog's head and wash thoroughly. Wash and trim tongue. Cover head and tongue with slightly salted water and simmer until meat falls from bone. Drain meat, shred and season. Pack tightly in bowl, cover and weight it down. Let stand 3 days in a cold place. Slice. Makes 6 to 8 pounds.



Boned stuffed lamb or pork shoulder is an idea in good food worth investigating

CUSHION STYLE PORK SHOULDER WITH APPLE AND PRUNE STUFFING

Pork shoulder (picnic)
8 to 10 prunes
3 tart apples
2 tablespoons butter
1 cup bread crumbs
½ lemon rind, grated
½ teaspoon brown sugar
¼ teaspoon cinnamon
Salt and pepper

Have picnic shoulder boned and sew on 3 sides, leaving 1 side open for stuffing. Cook prunes in water until tender, pit and cut into halves. Pare apples and cut into wedges, about ¾ inch thick. Melt butter, add bread crumbs, prunes and apples. Sprinkle with lemon rind, brown sugar and cinnamon. Season pork shoulder with salt and pepper and fill opening with prune and apple stuffing. Place on rack in open roaster. Cook in moderate oven (350°F.), allowing 35 to 40 minutes per pound. Serves 8.

PIG'S KNUCKLES AND SAUERKRAUT

4 pig's knuckles
3 teaspoons salt
2 quarts boiling water
1 quart sauerkraut

Place whole knuckles in boiling salted water. Cover and simmer until meat is tender about 2½ to 3 hours. Twenty minutes before serving, pour off most of the water and add sauerkraut. Heat thoroughly. Serve the meat on a bed of sauerkraut. Serves 4.

CROWN ROAST OF PORK

1 crown pork
Salt and pepper

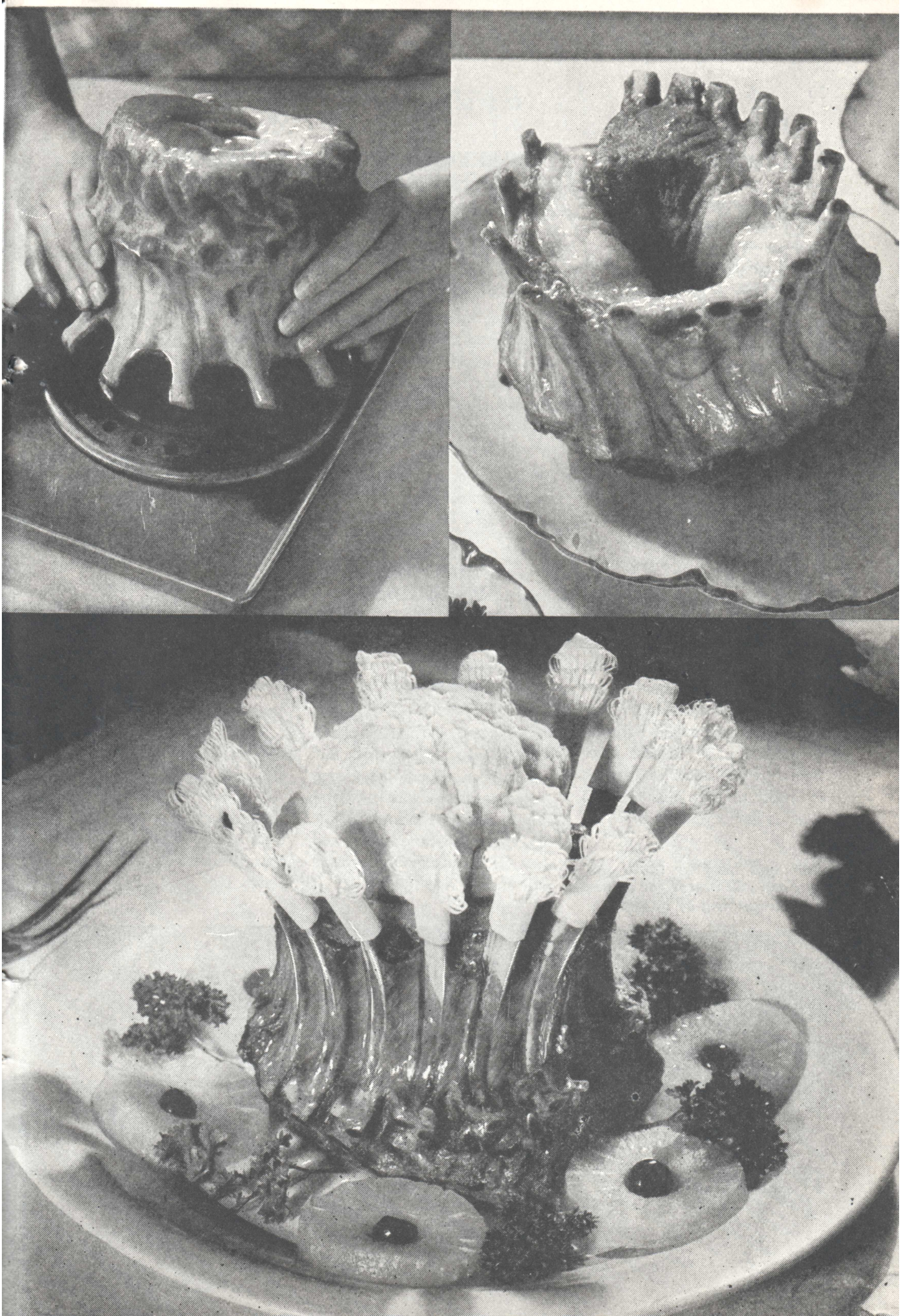
Have crown prepared at market. Place in roasting pan with bones down, season and roast in moderate oven (350°F.), allowing 30 minutes per pound. To serve, place on platter with bones upwards, placing a paper frill over each bone. Fill center with a whole head of cooked cauliflower. Allow ½ pound per serving. Crown may be filled with stuffing and roasted right side up with salt pork over bone ends to prevent charring. Replace with paper frills before serving. Use Apple, Raisin, Sage or Corn Bread Stuffing.

MARYLAND STUFFED "HOG MAW"

1 hog stomach
1-pound loaf bread
1 quart diced potatoes
1½ pounds pork sausage meat
2 medium onions, diced
Salt and pepper
2 tablespoons minced parsley

Enlarge opening at lower end of stomach and turn inside out. Scrape out inside lining. Wash in warm water and turn right side out. Sew shut at upper end. Dice bread and let dry overnight. Mix thoroughly with remaining ingredients, pack loosely into hog stomach and sew opening shut. Place in roaster, add enough water to cover bottom of pan, cover tightly and cook in moderate oven (350°F.) about 2½ hours. Serves 8 to 10.

A crown roast of pork or lamb is as delicious as it is regal →



SLAVIC OVEN STEW

10 medium onions, minced
8 to 10 large tomatoes, sliced
½ cup uncooked rice
6 to 8 potatoes, pared and sliced
5 lamb chops
5 pork chops
1 eggplant
6 green peppers
1 cup diced okra
Salt and pepper
2 tablespoons butter

Cover bottom of roaster with onions; arrange half of tomatoes on onions and then spread rice over tomatoes. Then add potatoes; then chops, alternating pork and lamb. Pare and dice eggplant. Remove seeds from peppers and cut into fine rings. Cover chops with diced eggplant and sliced peppers; add another layer of sliced tomatoes and top with okra. Sprinkle with salt and pepper and dot with butter. Cover roaster and bake in very hot oven (450°F.) 1 hour. Remove cover from pan and continue roasting in moderate oven (350°F.) 30 minutes longer. Serves 5.

Sausage, beef or lamb patties are still better for a snug wrapping of bacon

SPARERIBS AND SAUERKRAUT

1 quart sauerkraut
¼ cup brown sugar
4 pounds spareribs
Salt and pepper
½ cup hot water

Place sauerkraut in greased baking dish and sprinkle with brown sugar. Brown spareribs under broiler heat, season and place on sauerkraut. Add hot water, cover and cook in moderate oven (350° F.) ¾ to 1 hour. Serves 6.

Sprinkle sauerkraut with 1 teaspoon caraway seeds instead of brown sugar.

BARBECUED SPARERIBS

4 pounds spareribs
2 onions, sliced
Salt and pepper
1 recipe Barbecue Sauce for Spareribs

Place spareribs in roaster and add sliced onions. Sprinkle with salt and pepper. Pour the sauce over spareribs. Cover pan and cook in moderate oven (350°F.), 1½ hours. Remove cover and roast 20 minutes longer. Serve with cooked rice for 6.

SPARERIBS WITH SWEET POTATO STUFFING

2 cups mashed sweet potatoes
1 tablespoon minced onion
1 cup cooked rice
1½ cups minced celery
2 tablespoons melted fat
Salt and pepper
4 pounds spareribs

Mix first 7 ingredients thoroughly. Break spareribs through the center and remove any surplus fat. Spread potato mixture on bony side of half of ribs, fold in center to cover filling with other half of ribs. Place in baking pan with heavy meat side on top. Season meat and dredge with flour. Cover bottom of pan with boiling water and cook in moderate oven (325°F.) 1½ to 2 hours or until tender. Serves 4.

SAUSAGE PATTIES

2 pounds pork sausage

Shape into patties ¾ to 1 inch thick. Cook slowly 15 minutes, pouring off fat as it accumulates. Serves 6.

AMERICAN CHOP SUEY

⅛ pound salt pork, diced
½ pound round steak, cubed
¼ pound veal, cubed
¼ pound pork, cubed
Flour
1½ cups diced celery
1½ cups diced onions
½ cup sliced mushrooms
½ cup tomato catchup
½ cup boiling stock or water
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
Salt, Pepper

Cook salt pork until crisp, remove from pan. Dredge beef, veal and pork with flour and brown in salt pork drippings. Add remaining ingredients and simmer 45 minutes. Serve with boiled rice or fried noodles. Serves 4.

Omit tomato catchup and use 1½ cups stock.

If desired, use only one kind of meat: beef, pork or veal.

HAWAIIAN BAKED PORK

2 cups crushed pineapple
3 medium sweet potatoes
2 tablespoons brown sugar
4 shoulder pork steaks, cut into individual servings
Salt and pepper
4 strips bacon

Place pineapple in 1 large baking dish or 4 individual ones. Pare and slice sweet potatoes, place over pineapple and sprinkle with brown sugar. Season pork steaks with salt and pepper and place on top of sweet potatoes. On top arrange bacon strips. Cover and bake in moderate oven (350° F.) until sweet potatoes and chops are tender, about 1 hour. Remove cover and increase the temperature to very hot (450°F.) for the last 10 minutes of cooking to brown the steaks and bacon. Serves 4.

PORK CHOPS

Heat heavy frying pan until very hot. Add 1 tablespoon fat, or if the chops have a good covering of fat, place in the pan with fat edge down and cook out enough fat to grease frying pan. Brown chops on both sides. Do not add water. Reduce temperature, cover pan closely and cook slowly until chops are thoroughly done, about 45 minutes. Turn chops occasionally to cook uniformly.

BARBECUED PORK CHOPS

6 pork chops
12 tablespoons Barbecue Sauce for Spareribs

Brown chops on both sides in skillet. Spread 1 tablespoon of sauce on top of each chop. Cover and cook very slowly for 5-8 minutes. Turn chops and put one tablespoon of sauce on other side of each chop. Cover and cook slowly until tender, 30 to 40 minutes. Turn chops several times so that they are thoroughly covered with sauce. Serves 6.

STUFFED PORK CHOPS

6 double pork chops
1½ cups whole kernel corn
1½ cups bread crumbs
¾ teaspoon salt
¼ teaspoon pepper
1½ tablespoons minced parsley
¾ teaspoon sage
1 tablespoon grated onion
1 cup diced apple, 1 egg
3 tablespoons milk, Fat

Cut a pocket on the bone side of each chop. Combine next 10 ingredients and mix well. Stuff each chop with corn mixture. Brown chops in fat, season, add a little water and bake in moderate oven (350°F.) about 1 hour or until tender. Serves 6.

STUFFED PORK CHOPS DE LUXE—Stuff chops with Sage or Onion Stuffing and bake as above. When meat is half done, place a thick slice of apple (cored but not pared) on each chop and sprinkle with brown sugar.

NEW ENGLAND STUFFED PORK CHOPS—Stuff chops with mixture of ½ cup chopped celery, 2 tablespoons minced onion, 2 tablespoons chopped parsley, 1 cup soft bread crumbs, 1 teaspoon melted butter, 1 cup cranberry sauce and 1 teaspoon salt.

PORK TENDERLOIN PIQUANTE

2 slices bacon
1 pork tenderloin
6 medium onions, chopped
1 tablespoon fat
6 small sweet pickles, minced
1 teaspoon capers (optional)
1 tablespoon minced parsley
2 tablespoons vinegar
½ cup tomato sauce

Arrange bacon over the top of tenderloin, place on rack of roaster and roast uncovered in moderate oven (350°F.) until tender, allowing about 30 minutes per pound for cooking. Brown the chopped shallots or onions in melted fat. Add sweet pickles, capers and parsley. Season with salt and pepper. Add vinegar and tomato sauce. Cook for 10 minutes and serve with roast tenderloin. Serves 6 to 8.

PORK TENDERLOIN IN SOUR CREAM

1½ pounds pork tenderloin
Fat, Sour cream
1 tablespoon flour

Cut tenderloin into 1-inch slices and brown in fat. Cover with sour cream and simmer about 20 minutes or until tender. Remove meat, add flour to cream and simmer 4 minutes. For 6.

VEAL

VEAL FRICASSEE, JARDINIÈRE

2 pounds veal rump
2 tablespoons flour
Fat
Salt and pepper
1 teaspoon minced parsley
2 bay leaves, minced
2 carrots, sliced
1 cup water or stock
½ cup sliced celery
2 onions, sliced
1 cup cooked peas or mushrooms

Cut veal into 1-inch cubes, dredge in flour and brown in fat; season and add parsley, bay leaves, carrots, water, celery and onions. Cover tightly and cook in moderate oven (350°F.) 45 to 60 minutes, or until meat is tender. Remove veal. Add peas and thicken liquid with flour mixed with a little cold water. Cook until thickened. Pour over veal. Serves 4 to 6.

Omit peas and carrots. Blend 2 tablespoons flour with ½ cup sour cream and add to liquid after removing veal. Cook slowly until thickened.

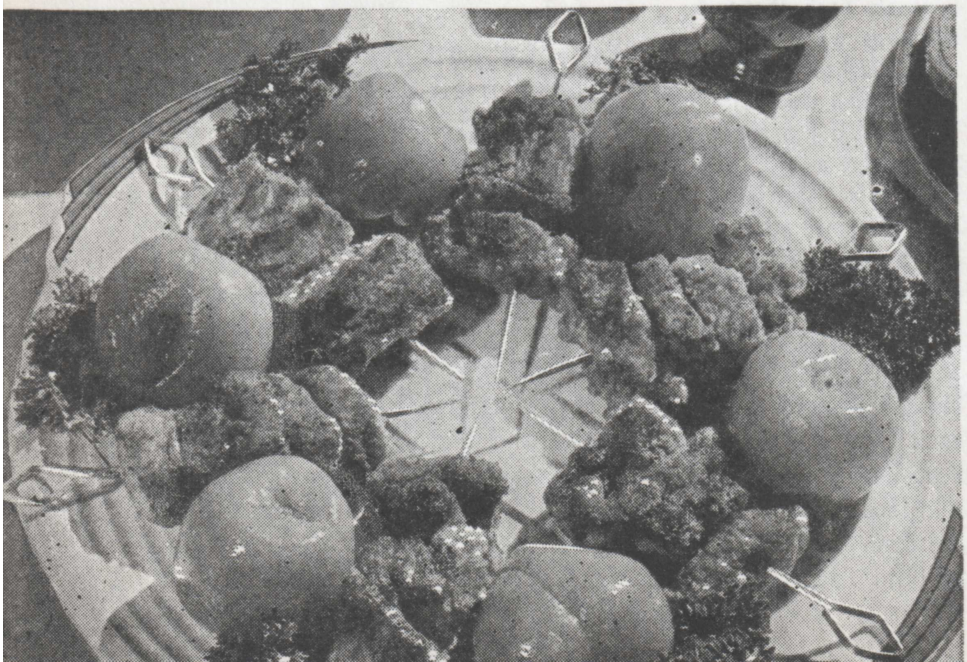
VEAL AND PORK EN BROCHETTE

1 pound veal steak
1 pound pork shoulder
1 egg
1 cup fine crisp cereal crumbs
Fat
1¾ teaspoons salt
½ cup water
½ cup sour or sweet cream

Cut veal and pork into 1½-inch squares. Place 2 squares of pork and 2 of veal alternately on each of several skewers. Dip each into egg, then into crumbs and brown in fat. Season, add water, cover and simmer until tender, about 1 hour. Remove to hot platter and pour cream into pan. Heat to boiling and serve with meat. Serves 8.

MOCK CHICKEN LEGS—Use only ½ pound veal and ½ pound pork and grind meat instead of cutting into cubes. Combine with 2 teaspoons salt, ¼ teaspoon paprika, 2 tablespoons chopped green pepper and ½ cup drained crushed pineapple. Shape around skewers, coat and cook as above. Omit cream. Garnish ends of skewers with stuffed olives.

Veal and pork brochette garnished with spiced peaches makes a quick, simple and inexpensive luncheon



BRAZIL-NUT JELLIED VEAL LOAF

1 package lemon gelatin
2 cups veal stock
2 hard-cooked eggs, sliced
Whole Brazil-nut meats
1½ cups chopped cooked veal
Salt
1 teaspoon vinegar
2 tablespoons minced parsley
2 teaspoons minced onion
½ cup chopped Brazil-nut meats

Dissolve gelatin in 1 cup hot stock; add remaining stock. Pour ⅓ cup into bottom of loaf pan and chill until firm. Garnish jelly in bottom of loaf pan with sliced eggs and a few whole Brazil nuts. Add veal, salt, vinegar, parsley, onion and Brazil nuts to remaining gelatin. Pour in the veal mixture and chill for several hours, until firm. Unmold and serve with lettuce and mayonnaise. Serves 6.

Use cooked pork for veal.

TWO-TONE MEAT LOAF

PART 1

1 pound ground veal
¼ pound ground fresh pork fat
3 crackers, crushed
1 tablespoon milk
2 teaspoons lemon juice
1 teaspoon salt
Dash pepper
1 tablespoon minced onion

PART 2

1 pound ground fresh pork
½ pound ground smoked ham
2 eggs
½ cup bread crumbs
½ cup condensed tomato soup
1 teaspoon salt
Dash pepper

Combine ingredients of part 1 and pack into greased loaf pan. Combine ingredients of part 2 and pack firmly on top of veal mixture. Bake in moderate oven (350°F.) 2 hours. Serves 8 to 10.

The variations of veal birds are limited only by the ingenuity of the cook

RICE VEAL CUSTARD

½ cup rice
1 cup diced cooked veal
2 pimientos, diced
½ teaspoon salt
Dash cayenne
1 egg, slightly beaten
½ cup milk
½ cup veal stock

Cook rice in boiling salted water until tender. Drain and rinse. Arrange layers of rice, veal and pimientos in greased baking dish. Combine salt, cayenne, egg, milk and stock and add to meat mixture. Cover, place in pan of hot water and bake in moderate oven (350°F.) until firm, about 30 minutes. Serves 5 to 6.

VEAL BIRDS

2 pounds veal steak (cut ¼ inch thick)
1 cup Sage or Mushroom Stuffing
Salt
Flour
Fat
1 cup milk or water

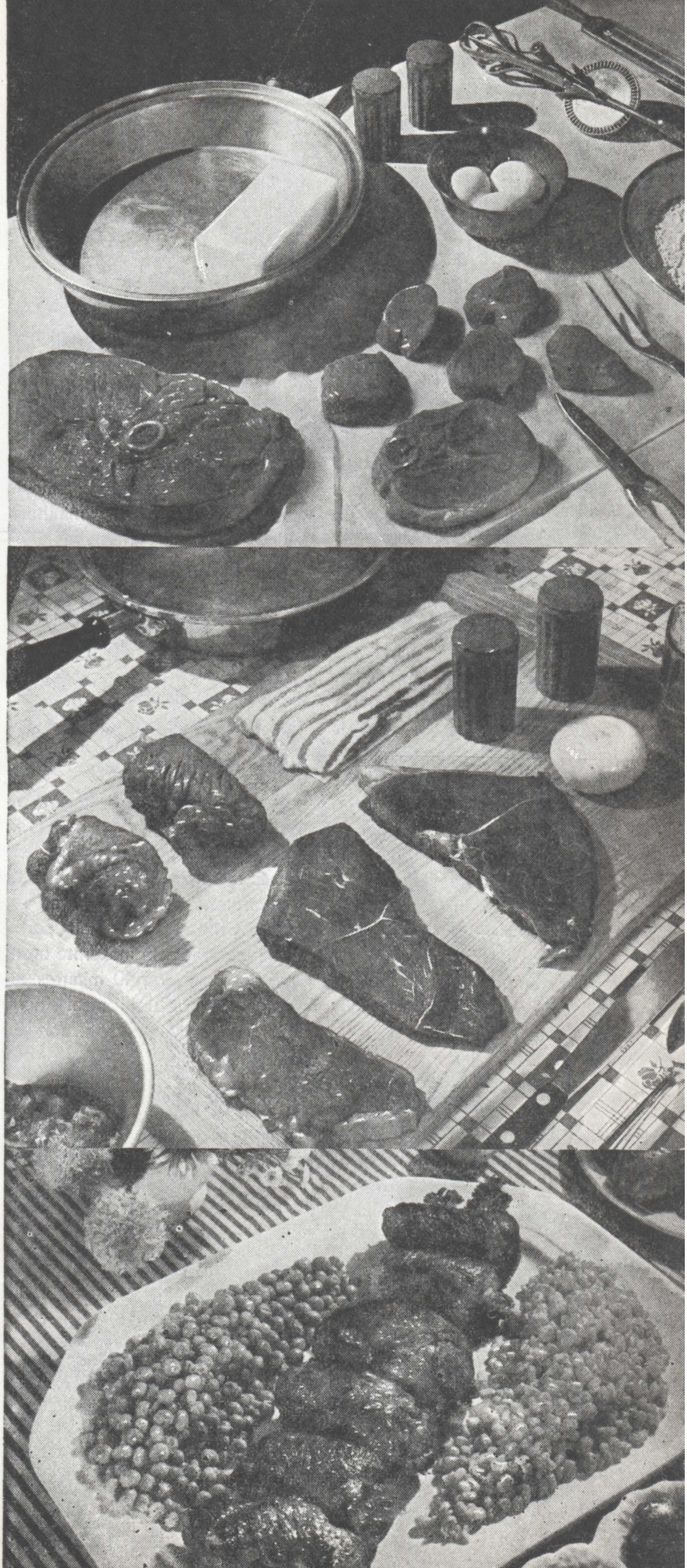
Cut veal into 2 x 4 inch pieces. Place a mound of stuffing on each piece, fold veal over stuffing and fasten with toothpick. Season, roll in flour, brown in fat and add milk. Cover and simmer or bake in moderate oven (350°F.) 1 hour. Serves 6.

Wrap veal around sausages or cooked whole carrots instead of stuffing.

Use Sage or Onion Stuffing. Pour mushroom soup over browned meat instead of milk.

Wrap veal around uncooked meat balls.

Stuff with chopped pickles and olives and narrow beet strips.



RUMANIAN MEAT AND VEGETABLE CASSEROLE

Beef drippings or other fat
2½-to 3-pound slice veal
Salt and pepper
2 pounds fresh tomatoes, sliced, or 3½ cups cooked tomatoes
1 clove garlic, chopped
2 cups condensed tomato soup
2 cups water
1 pound green beans
1 onion, sliced
2 tablespoons flour

Melt 3 tablespoons drippings in a baking pan. Season veal with salt and pepper and place in pan. Cover with tomatoes, garlic and 1 cup each of soup and water. Bake in moderate oven (350°F.) about 1 hour or until meat is tender. Cut beans diagonally into thin slices and cook in boiling salted water for 10 minutes. Drain; fry beans and onion in fat for 10 minutes. Push beans and onions to one side of pan and brown flour in fat. Add remaining soup and water and heat to boiling. Pour over meat, return to oven, reduce heat to slow (325°F.) and continue cooking 20 minutes longer. Serves 6.

STUFFED BREAST OF VEAL

1 veal breast
Salt and pepper
2 cups Onion or Raisin Stuffing

Have pocket cut in veal from the large end. Season inside of pocket with salt and pepper, fill with stuffing and skewer or sew edges together. Place on rack of roaster, cover and cook in slow oven (300°F.) about 2 hours. Remove cover during last 30 minutes. Allow ½ pound per serving.

STUFFED VEAL SHOULDER

5-pound veal shoulder
Salt and pepper
Chili or Raisin Stuffing
Melted fat or salt pork

Have bones removed from veal shoulder, season cavity and fill with stuffing. Sew or skewer edges together and place on rack of roaster. Brush with fat or cover with strips of salt pork. Bake uncovered in moderate oven (325°F.) allowing 40 minutes to the pound, or until meat thermometer registers 175°F., for 10.

VEAL À LA KING

½ green pepper, shredded
¼ pound mushrooms
3 tablespoons fat
6 tablespoons flour
4 cups milk or ½ milk and ½ veal stock
Salt and pepper
3 cups diced cooked veal
1 pimiento, diced

Cook green pepper and mushrooms in fat for 8 minutes. Remove from fat; add flour to fat and blend. Add milk and seasoning and cook until thickened, stirring constantly. Add green pepper, mushrooms and remaining ingredients and heat. Serve on toast, in bread croustades or patty shells. Serves 8.

KIDNEY VEAL CHOPS

6 veal kidney chops (¾ to 1 inch thick)
Flour, Fat
Salt and pepper
½ cup hot water

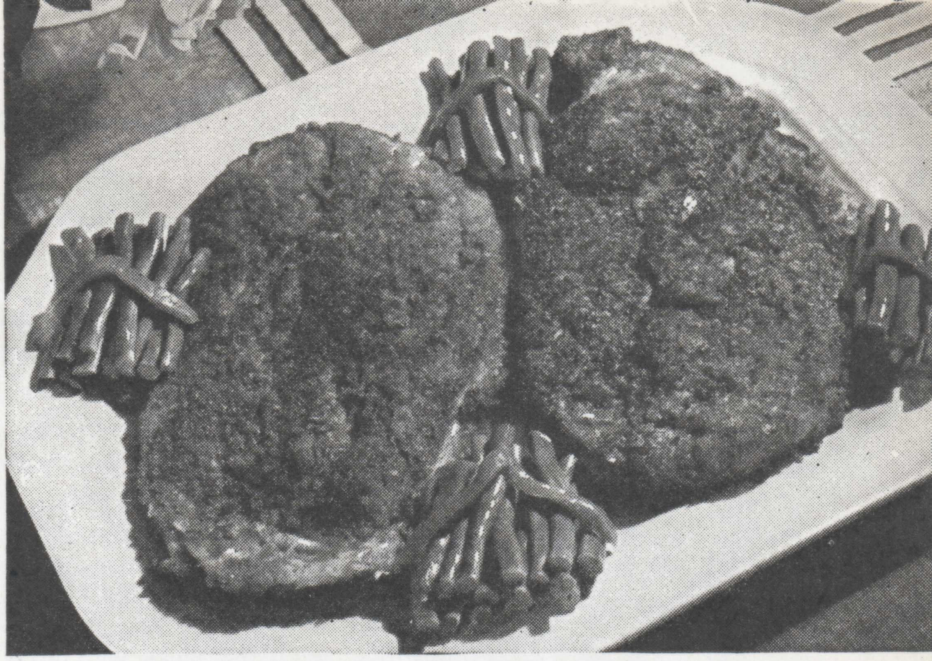
Dredge chops with flour and brown on both sides in hot fat. Season, add water, cover tightly and simmer slowly or bake in moderate oven (375°F.) about 45 minutes. Serves 6.

VEAL AND MACARONI SALAD

2 cups cooked elbow macaroni
1 cup chopped celery
6 sweet pickles, chopped
1½ cups diced cooked veal
Mayonnaise

Mix macaroni, celery, pickles and veal. Add mayonnaise to moisten thoroughly. Serves 5.

Kidney veal chops are an English idea which good cooks have quickly adopted



The family will need no second call if they know veal cutlets are waiting

BREADED VEAL CUTLETS

6 veal cutlets, ½-inch thick
Salt
Pepper
1 cup fine bread crumbs
2 eggs, slightly beaten
Fat

Season cutlets with salt and pepper. Dip into fine bread crumbs, then into eggs and again into crumbs. Sauté slowly in fat until well browned, allowing 15 minutes for each side. Serve with tomato sauce. Serves 6.

SPECIAL BREADED VEAL CUTLETS—Mix 2 teaspoons prepared mustard, 1 teaspoon salt, dash of pepper and 1 tablespoon butter. Rub into steak. Then dip into egg and crumbs and cook as above. Omit tomato sauce.

Dip chops into buttermilk instead of egg.

BRAISED VEAL STEAK WITH MUSHROOMS

2 pounds veal steak
1 egg, slightly beaten
2 tablespoons milk
2 cups crushed cereal flakes
4 tablespoons fat
1 small can mushrooms

Have veal steak cut 1 inch thick. Cut into pieces for serving. Dip into mixture of egg and milk. Roll in finely crushed cereal flakes. Brown in hot fat and cover with mushrooms and mushroom liquid. Cover tightly and cook very slowly until tender, about 45 minutes. Thicken liquid for gravy and serve with veal steaks. Serves 4.

MOCK CHICKEN

1½ pounds veal round
Salt and pepper
Flour
⅓ cup fat
1 green pepper, chopped
½ cup minced celery
½ cup boiling water
½ cup mushrooms, sliced

Cut veal into serving portions. Season, dredge with flour and brown in fat. Add green pepper and celery. Add water, cover pan closely and cook in moderate oven (350°F.) 1½ hours. Add mushrooms and cook about ½ hour or longer. Thicken gravy if necessary before serving. Serves 4.

PAPRIKA CREAM SCHNITZEL

4 slices bacon, cut fine
1½ pounds veal steak
2 tablespoons chopped onion
1 teaspoon paprika
Salt
1 cup sour cream
½ cup tomato sauce

Fry bacon until crisp, add veal (cut into serving portions) and brown in hot bacon fat. Add onion and brown. Season with paprika and salt. Stir in sour cream and tomato sauce. Cover pan and cook about 30 minutes. Serve cutlets with the sauce and cover with boiled or fried noodles. Serves 6.

QUICK MEAT STEW

2 cups diced cooked meat (beef, pork or veal)
2 tablespoons fat
2 tablespoons flour
1 (16-ounce) can vegetable soup

Brown meat in fat, add flour and brown. Add soup and cook until thickened. Serve on hot toast, biscuits or cooked rice. Serves 4.

Use mushroom or onion soup.

WIENER SCHNITZEL

6 veal chops or steaks
Salt and pepper
2 eggs, slightly beaten
Flour
3 tablespoons bacon drippings
Juice of 1 lemon
1 tablespoon flour
1 cup thick sour cream

Sprinkle veal with salt and pepper. Dip into eggs, then into flour. Brown on both sides in hot bacon drippings. Cover and cook slowly until chops are tender, about 1 hour. Sprinkle with lemon juice and arrange on hot platter. Blend flour with fat in pan, add sour cream and cook 3 minutes, stirring constantly. Season with salt and pepper and serve with chops. Garnish with lemon slices. Serves 6.

Melt currant jelly in liquid in which chops were cooked, instead of adding flour and cream.

BAKED LIVER ROLLS

1½ cups diced cooked liver
1 small onion
2 tablespoons lemon juice
1 tablespoon chopped parsley
½ teaspoon salt
¼ teaspoon pepper, Milk
Baking powder biscuit dough (using 2 cups flour)

Force liver and onion through food chopper. Add lemon juice, parsley, salt, pepper and enough milk to make mixture soft enough to spread. Roll biscuit dough into rectangle, spread with liver mixture and roll as for jelly roll. Cut into 1½-inch slices, place in greased baking pan and bake in hot oven (400°F.) 15 to 20 minutes. Serves 8.

BRAISED LIVER

2 pounds beef or pork liver (1 thick piece)
4 slices bacon; 1 onion, sliced
2 teaspoons Worcestershire sauce
2 tablespoons catchup
1 tablespoon chopped green pepper
Salt and pepper, Hot water

Place liver in greased baking dish and cover with bacon slices. Add remaining ingredients, using enough hot water to nearly cover liver. Cover and cook in slow oven (300°F.) about 1½ hours. Remove cover for last 15 minutes to brown bacon slices. Serves 6.

BRAISED LIVER CASSEROLE

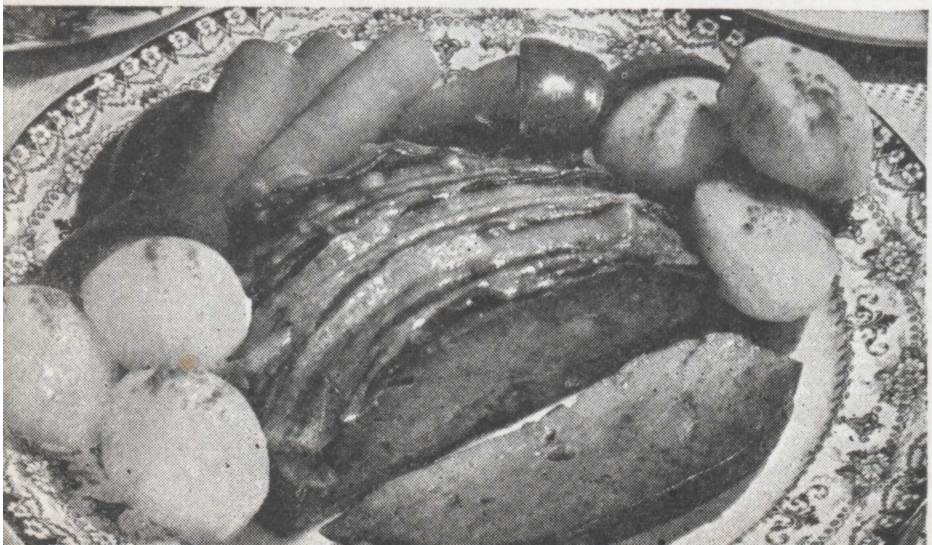
3 slices bacon or fat smoked beef
1½ pounds sliced beef liver
2 tablespoons flour
1 small onion, diced
1 cup diced celery
3 small carrots, sliced
½ cup hot beef stock
1 teaspoon salt

Fry bacon until crisp and remove from skillet. Dredge liver with flour and brown slowly with onion in hot bacon fat. Place vegetables in casserole, arrange liver over them and top with fried bacon cut into 1-inch pieces. Add beef stock and salt, cover and cook in slow oven (300°F.) 45 to 60 minutes. Serves 6.

CREOLE LIVER

4 slices bacon
1 pound lamb liver, sliced
½ green pepper, diced
2 cups chopped tomatoes
⅛ teaspoon cayenne
1½ teaspoons salt
⅛ teaspoon curry powder or chili powder

Dice bacon, fry until crisp and remove from fat. Dredge liver with flour and brown in bacon fat. Add remaining ingredients and bacon. Cover and simmer for 45 minutes. Serve with spaghetti. Serves 5.



FRENCH FRIED LIVER

1 pound liver, sliced thin
Flour
Salt
Pepper

Wash liver with cold water and dry thoroughly. Cut into lengths about ⅜ inch wide. Roll in flour, seasoned with salt and pepper. Cook in hot deep fat (375° F.) until brown. Drain on absorbent paper. Serves 4.

LIVER À LA BOURGEOISE

1 carrot, shredded
1 onion, minced
1 turnip, diced
1 bay leaf
2 tablespoons fat
1 tablespoon flour
2½ pounds liver (1 piece)
2 cups water or stock
Salt and pepper

Brown carrot, onion, turnip and bay leaf in fat. Add flour and blend, then add liver and water. Season and simmer for 1¼ to 1½ hours. Serves 6 to 8.

PAN-BROILED LIVER

3 pounds liver
Bacon fat
Water

Cut liver into ¼- to ½-inch slices. Remove outside membrane and any veins or bloodclots. Heat skillet, lightly greased with bacon fat and sear liver on both sides, then cook slowly until as well done as desired. A little water may be added during last of cooking. Serves 8.

Pan-fry or broil 16 slices bacon and keep hot to serve with liver.

Braised whole liver with vegetables combines high nutritive value with economy

CORNISH PASTIES

½ pound liver, diced
3 potatoes, diced
1 onion, minced
Salt and pepper
1¾ cups sifted flour
1 teaspoon baking powder
⅛ teaspoon salt
6 tablespoons shortening

Mix liver, potatoes and onion together and season with salt and pepper. Sift flour, baking powder and salt together; cut in shortening and when well blended add sufficient water to make dough. Place dough on a floured board and roll out ¼ inch thick. Cut into squares or circles and place a little of the meat mixture on half of each. Fold dough and press edges together. Bake in a slow oven (325°F.) about 1 hour. Serves 4.

LIVER AND HAM LOAF

1 pound cooked liver
½ pound cooked ham
½ cup bread crumbs
1 egg, beaten
½ teaspoon salt, Paprika
1 tablespoon grated onion
1 tablespoon minced parsley
Milk

Force liver and ham through food chopper and combine with remaining ingredients, adding enough milk to bind mixture together. Place in greased loaf pan and bake in moderate oven (350°F.) 30 minutes. Unmold and serve for 4.

LIVER DUMPLINGS

¾ pound beef, lamb or pork liver
½ onion
1 strip bacon
3 thick slices dry bread
Water
2 eggs, beaten
2 teaspoons salt
¼ teaspoon pepper
1 teaspoon chopped parsley
¼ cup sifted flour
½ teaspoon baking powder

Slice liver and let stand in hot water for 10 minutes, then grind with onion and bacon. Soften bread in water and squeeze out as much moisture as possible; add eggs, seasoning, parsley and liver. Sift flour and baking powder together and add to liver mixture. Drop by teaspoons into boiling water. Cover tightly and simmer for 10 to 12 minutes. Serve with fried onions or sauerkraut. Serves 5.

Liver dumplings with sauerkraut was one of grandmother's best ideas

LIVER BIRDS

1½ pounds liver
2 cups small bread cubes
2 tablespoons minced onion
3 slices cooked bacon, diced
Pepper
½ teaspoon salt
Dash celery salt
½ teaspoon baking powder
Hot water

Have liver sliced as thin as possible and remove membrane from edge of each slice. Combine remaining ingredients, moistening with some of the bacon fat and sufficient water to make stuffing firm but not dry. Place a tablespoon or more of stuffing on each slice of liver, roll up and fasten with toothpicks or skewers. Brown in greased skillet, season with additional salt and pepper and cover bottom of pan with water. Cover pan tightly and simmer about 2 hours, turning rolls occasionally. Remove rolls, make gravy of remaining liquid. Serves 4 to 6.

Garnish with watercress.
Fill rolls with Onion Stuffing

TO PRECOOK BRAINS AND SWEETBREADS

Place brains or sweetbreads in cold water for 30 minutes, then remove membranes. Simmer for 15 minutes in water to which 1 teaspoon salt and 1 teaspoon lemon juice or vinegar has been added for each quart of water. Drain and drop into cold water. Use as desired. Save cooking water to use as stock.

BRAISED BRAINS

1 set calf's brains
Salt and pepper
Flour or cracker crumbs
Fat

Soak brains in cold water for 30 minutes. Remove veins and membrane. Season, roll in flour or crumbs, brown in fat and cover skillet tightly. Cook slowly about 20 minutes. Serves 2.

Cook sweetbreads in the same manner.

BRAIN RISSOLES

2 cups brains or 1 whole brain
¾ teaspoon salt
2 tablespoons chopped green pepper
1 cup thick white sauce
Pastry

Precook brains, chop or force through meat grinder; add salt, green pepper and white sauce. Form into small balls. Roll pastry to ⅛-inch thickness. Place the balls on the pastry equal distances apart. Place another sheet of pastry over all. Stamp out around each ball with round cutter or cut them apart and press upper and lower crusts together. Bake in a very hot oven (450°F.) 15 minutes or brown in hot deep fat (375°F.) before serving. Serves 4.

Use stock from cooking brains or meat stock in making sauce. Add 1 dozen oysters after cooking 10 minutes.

Cook minced carrots and celery in stock until tender and add vegtables with stock to sweetbreads. Add sautéed mushrooms with the stock and flour mixture.

BROILED SWEETBREADS—Prepare sweetbreads as above, but dot with butter and broil under moderate heat about 10 minutes, or until bacon is crisp. Baste occasionally with drippings. Flavor drippings with sherry and serve over sweetbreads.

CALF'S BRAIN FRITTERS

1 set calf's brains
1½ cups sifted flour
¼ teaspoon salt
¼ teaspoon paprika
1 egg
1¼ cups milk
Bacon drippings or other fat

Precook brains, dry and break into small pieces. Sift dry ingredients together; combine egg and milk; add to dry ingredients and mix well. Add brains. Drop by tablespoons into hot skillet greased with drippings and sauté, or drop into hot deep fat (360° F.) and fry until brown. Serves 4.

FRIED BRAINS

1 pound brains
2 tablespoons flour
Salt
Pepper
2 tablespoons fat

Precook brains. Roll in flour, season and brown in fat. Serves 4.

BRAISED SWEETBREADS

1 pair sweetbreads
Salt
Paprika
Flour
4 strips bacon
Stock from cooking sweetbreads
Sherry or lemon juice

Precook sweetbreads, break into large pieces, season and roll in flour. Wrap with bacon strips, place in baking dish and add enough stock to cover bottom of dish. Cover dish and cook in moderate oven (350°F.) about 10 minutes. Combine ½ cup stock and 2 teaspoons flour, add to sweetbreads and cook uncovered until bacon is crisp. Add sherry just before serving for 2.

SWEETBREADS WITH FRESH MUSHROOMS

1 pound sweetbreads
4 tablespoons butter
1 tablespoon flour
4 green onions, minced
1 sprig parsley, minced
½ pound fresh mushrooms, sliced
1 egg yolk, well beaten
½ cup heavy cream

Precook sweetbreads. Melt 2 tablespoons butter, add flour and brown. Add sweetbreads, onions, parsley and 1 cup of stock from cooking sweetbreads. Simmer until sauce is quite thick. Meanwhile cook cleaned mushrooms about 5 minutes in top of double boiler with remaining 2 tablespoons of butter, then add sweetbread mixture. About 3 minutes before serving, add egg yolk mixed with cream. Stir continually until heated through and serve at once. Makes 4 servings.

CREAMED SWEETBREADS

1 pair sweetbreads
1 cup medium white sauce
1 tablespoon sherry

Precook sweetbreads, break into pieces and heat in white sauce. Add sherry and serve immediately. Serves 2.

HEART EN CASSEROLE, ITALIENNE

1½ cups diced cooked heart
4 tablespoons fat, melted
1 No. 2 can spaghetti with tomato sauce
2 tablespoons chopped pimiento
¼ cup grated cheese
1½ cups cooked string beans
1 tablespoon flour
1 cup boiling water
¾ teaspoon salt
⅛ teaspoon pepper
Buttered crumbs

Brown heart in 3 tablespoons fat. Combine spaghetti, pimiento, cheese and string beans; add heart and place in baking dish. Blend flour with remaining fat, add water, salt and pepper, and cook until thickened, stirring constantly. Add to heart mixture, cover with buttered crumbs and bake in moderate oven (350°F.) about 30 minutes. Serves 8.

Mix grated cheese with buttered crumbs and sprinkle on top of mixture, before baking.

A well-browned beef heart surrounded by fresh vegetables is a real treat

HEART GOULASH

1 cup chopped cooked heart
1 cup chopped cooked pork
½ onion, chopped
1 tablespoon fat
1 cup water
1¼ teaspoons salt
½ cup diced carrot
1 cup diced celery
½ cup diced tomatoes
½ cup sour cream
2 tablespoons cold water
2 tablespoons flour
2½ cups cooked rice or noodles

Brown heart, pork and onion in fat. Add water, salt, carrot and celery. Cook until vegetables are tender, about 20 minutes. Add tomatoes and sour cream. Mix water and flour to a smooth paste and add to meat mixture. Cook slowly until thickened. Serve with rice or noodles. Serves 5.

SWEET-SOUR HEARTS

2 veal hearts
2 tablespoons flour
2 tablespoons fat
1 teaspoon salt
6 tablespoons vinegar
2 teaspoons sugar
¼ teaspoon pepper, 3 cups water
1 small onion, chopped

Clean hearts, remove membrane and large veins, and cut hearts into ½-inch cubes. Brown flour in fat and add meat and remaining ingredients. Cover and simmer for 1½ hours or until tender. Serve with noodles. Serves 4.

STUFFED HEART

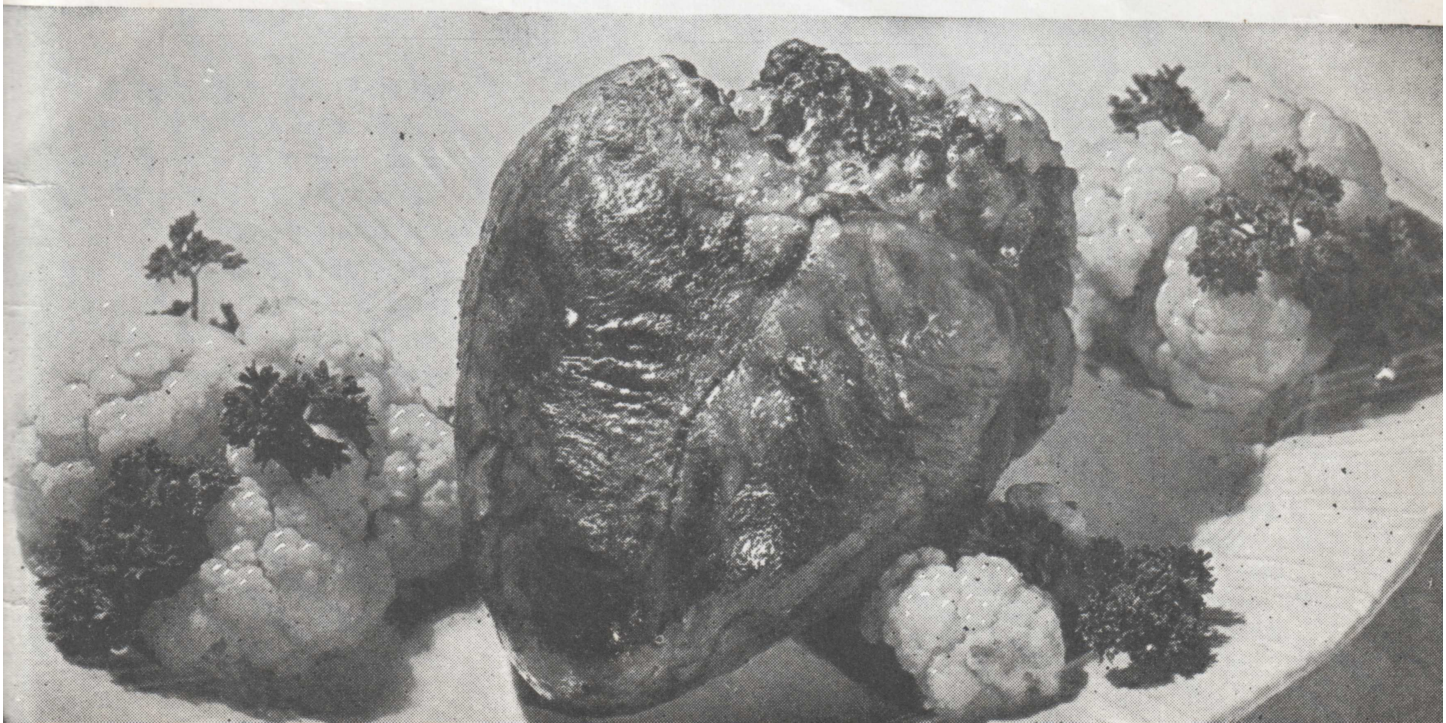
1 beef or 2 veal hearts
½ recipe Prune Stuffing
2 tablespoons flour
2 tablespoons fat
1½ cups water

Wash heart, trim and fill with stuffing. Tie firmly with string. Dredge with flour, brown in fat and season with salt and pepper. Add water, cover closely and simmer about 2 hours or until tender. Thicken liquid with additional flour. Serves 6.

Other stuffing may be used.

BRAISED HEART—Reduce water to ½ cup. Prepare as above but cook, covered, in moderate oven (350°F.) instead of simmering. Allow 1½ to 2½ hours for lamb, pork or veal hearts; 2½ to 3½ hours for beef hearts.

Use Onion or Sage Stuffing with braised heart. Cook vegetables in pan with heart.



TONGUE

Tongue is sold fresh, pickled or corned, and smoked. Wash tongue thoroughly in warm water and remove blood vessels and clotted blood from fresh tongue. Soak pickled or smoked tongue several hours before cooking.

FRESH TONGUE—Cover with water, add 1 teaspoon salt for each quart of water and simmer until tender. Allow 3 to 4 hours for large beef tongues, 1 to 1½ hours for pork, lamb or veal tongues.

PICKLED TONGUE — Cover tongue with cold water, heat to boiling. Pour off water, cover with fresh water and simmer 4 to 5 hours or until tender.

SMOKED TONGUE — Cover mild-cured tongue with cold water, heat to boiling, reduce heat; simmer 4 hours or until tender.

BOILED BEEF TONGUE

1 fresh beef tongue
2 medium onions
1 carrot
¾ cup diced celery and leaves
6 sprigs parsley
8 peppercorns
1 teaspoon salt
Boiling water

Place ingredients in kettle, using just enough water to cover tongue. Simmer for about 3 hours or until tongue is tender; drain, saving liquid to use for stock. Remove skin and roots from tongue. Serve with Horseradish Sauce. Serves 6 to 8.

BAKED TONGUE AND NOODLES

¾ pound sliced cooked tongue
3½ cups cooked noodles
2 cups cooked tomatoes
¼ cup cracker crumbs
1 tablespoon butter

Arrange layers of tongue and noodles in baking dish. Add tomatoes, cover with crumbs and dot with butter. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

SMOKED TONGUE IN RAISIN SAUCE

1½ cups Raisin Sauce
8 slices cooked smoked tongue

Use stock from cooking tongue in preparing raisin sauce. Heat tongue in sauce. Serves 4.

SPICED TONGUE MOLD

1½ tablespoons unflavored gelatin
¼ cup cold water
2 cups stock from cooking tongue
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon dry mustard
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
2 cups chopped cooked tongue
2 hard-cooked eggs, sliced
4 tablespoons chopped sweet pickles
¼ cup mayonnaise

Soften gelatin in cold water and dissolve in boiling stock. Add seasonings, lemon juice and Worcestershire sauce. Chill until mixture begins to thicken, then fold in remaining ingredients. Chill until firm. Serves 6.

SWEET-SOUR TONGUE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 cup tongue stock
2 tablespoons sugar
2 tablespoons vinegar
8 slices cooked smoked tongue

Blend butter, flour and seasonings. Add stock and cook until thickened. Add remaining ingredients. Heat. Serves 4.

BOILED TRIPE

Cover fresh uncooked tripe with cold water, heat to boiling, cook 5 minutes and drain. Cover with fresh boiling water, add 1 teaspoon salt for each quart of water, heat to boiling and simmer until tripe is tender, about 4 hours. If tripe is cut into serving pieces before cooking, it should be tender in about 2 hours. Drain tripe, dry thoroughly and use as desired. Marinate overnight in French dressing before using, if desired.

If fresh tripe is purchased already cooked, wash several times in hot water, dry and marinate overnight in French dressing or soak in cold water. Cut into serving pieces, cover with boiling water and simmer 15 minutes. Drain, cover with cold water, heat to boiling and drain

TRIPE PATTIES

1 pound boiled tripe
1 egg
½ cup bread crumbs
½ teaspoon onion juice
1 teaspoon salt
Dash pepper

Grind tripe and combine with remaining ingredients. Shape into patties and fry in greased skillet until browned. Serves 4.

BAKED TRIPE WITH BACON—Wrap each patty with slice of bacon and bake in hot oven (425°F.) 8 to 10 minutes, or until bacon is crisp.

TRIPE FRITTERS—Sift 1 cup sifted flour with ½ teaspoon salt. Combine 1 cup milk, 1 tablespoon melted shortening and 1 egg, slightly beaten. Add to flour and mix until smooth. Dip tripe patties into the batter and fry in hot deep fat (380°F.) until browned.

Make patties ½ inch thick and brown under low broiler heat

STEAK AND KIDNEY PIE

1½ pounds steak (beef or veal)
½ pound kidney
Flour
Salt and pepper
1 tablespoon chopped onion
1 tablespoon minced parsley
½ pound mushrooms, sliced
Water or stock
Pastry

Cut steak and kidney into ½-inch cubes and dredge with flour. Season with salt and pepper. Arrange meat in greased casserole and add onion, parsley, mushrooms and sufficient water to cover meat. Cover casserole and cook in a moderate oven (350° F.) 1 hour or until meat is almost tender. Remove cover and replace it with pastry, pricking crust to allow steam to escape. Return to a very hot oven (450° F.) and bake for 15 minutes or until crust is browned. Serves 4.

Pastry, rice, mashed potatoes or biscuits in attractive shapes make steak and kidney pies a new experience

SPICED STEAK AND KIDNEY PIE

½ cup flour
½ teaspoon ginger
Dash marjoram
Dash thyme
2 pounds rump or chuck steak
2 lamb kidneys
1 teaspoon salt
1 teaspoon prepared mustard
1 tablespoon Worcestershire sauce
Boiling water
4 onions, sliced
Baking powder biscuit dough or pastry

Mix flour, ginger, marjoram and thyme. Cut meat into cubes and dredge with flour mixture. Place in baking dish, add salt, mustard and Worcestershire sauce. Cover with water and simmer 1 hour. Add onions and simmer until onions and meat are almost tender. Cover with biscuit or pastry crust and bake in very hot oven (450°F.) until crust is brown. Serves 8.

Simmer mixture in saucepan, bake in individual casseroles.

STEWED KIDNEYS

3 lamb or pork kidneys
1 sprig parsley, chopped
¼ teaspoon thyme
1 bay leaf, chopped
1½ tablespoons drippings
1 cup water or consommé
1 teaspoon vinegar

Wash kidneys, slice very thin and season with salt and pepper. Cook with herbs in drippings until tender. Add water and vinegar, heat to boiling and serve at once. Serves 3.

BROILED LAMB KIDNEYS

6 lamb kidneys
1½ cups French dressing
12 slices bacon

Clean kidneys and cut into halves. Marinate in French dressing 12 hours. Drain kidneys and wrap each half in slice of bacon. Place 4 inches below moderate broiler heat and broil 12 to 15 minutes or until bacon is crisp and kidneys are tender. Serve on toast triangles. Serves 6.

SAUSAGE

SAUSAGE LOAF

1½ pounds pork sausage meat
1½ cups bread or cracker crumbs
1 tablespoon grated onion
2 tablespoons tomato catchup
2 tablespoons horse-radish
½ teaspoon prepared mustard
1 egg, slightly beaten
½ cup milk

Mix sausage and crumbs. Add onion, catchup, horse-radish, mustard and egg. Moisten with milk. Shape into a loaf and bake in moderate oven (350°F.) about 1 hour. Serves 6.

DOWN EAST SUPPER

1 tablespoon chopped onion
2 tablespoons chopped green pepper
2 tablespoons fat
2 (16 ounce) cans pork and beans
1 tablespoon brown sugar
½ cup chopped celery
2 (4-ounce) cans Vienna sausage

Brown onion and pepper in fat. Add beans, brown sugar and celery and place in 1 large or 5 individual casseroles. Place 3 sausages on each casserole and bake in moderate oven (350°F.) until browned, about 30 minutes. Serves 5.

VEGETABLE SAUSAGE SALAD

1 quart diced cooked potatoes
2 cups cubed salami or Thuringer sausage
2 tablespoons vinegar
2 cups cooked large peas
1 cup chopped celery
1 pimiento, chopped
6 sweet pickles, diced
2 hard-cooked eggs, sliced
Mayonnaise
Salt

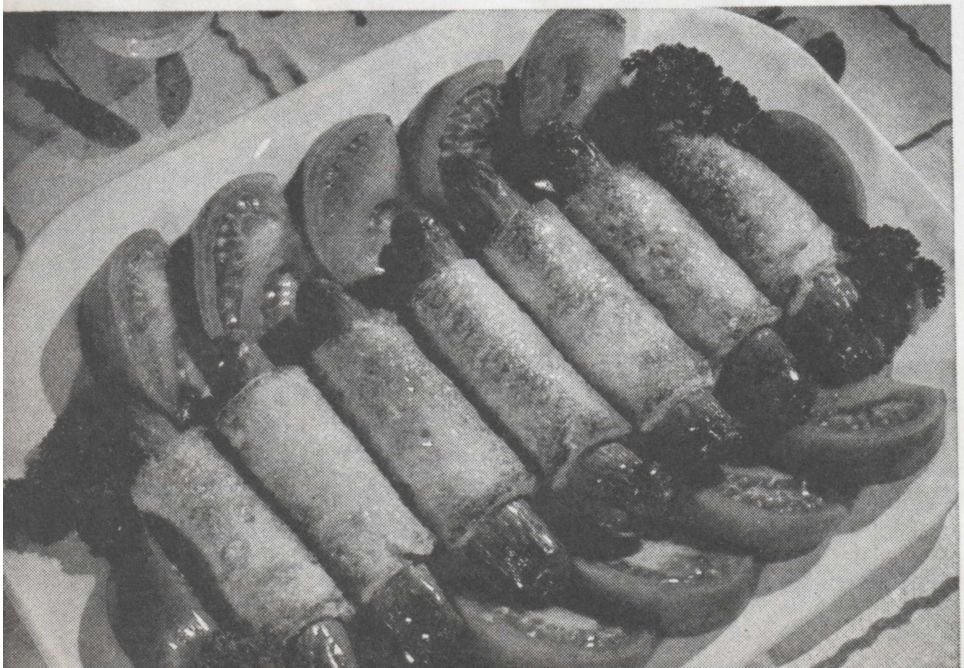
Mix all ingredients together, adding enough mayonnaise to moisten, salt to taste and extra vinegar if desired. Heap in large wooden bowl lined with crisp lettuce and garnish with tiny whole pickled beets, and slices of hard-cooked egg. Serves 6.

SAUSAGE ROLLS

12 link sausages
12 thin slices bread

Broil sausages. Remove crusts from bread. Roll each sausage in a slice of bread. Toast under broiler. Serves 4.

Either pork sausages or frankfurters may be tucked into crisp toast blankets



SOUTHERN SAUSAGE CASSEROLE

4 large sweet potatoes, cooked
1 pound pork sausage meat
4 large apples
Salt
Water
Brown sugar

Peel potatoes, cut into thin slices and place half in bottom of greased casserole; cover with sausage shaped into 4 cakes and add apples cut into thick slices. Sprinkle with salt, cover with remaining potatoes, brush with water and sprinkle with brown sugar. Bake in moderate oven (350°F.) about ¾ hour. Serves 4.

BAKED STUFFED FRANKFURTERS

2 cups soft bread crumbs
¼ teaspoon salt
Dash pepper
2 teaspoons sage
1 small onion, minced
¼ cup melted butter
10 frankfurters
5 strips bacon

Combine crumbs with seasoning and onion; add melted butter and blend well. Split frankfurters lengthwise; fill with the stuffing; wrap each with a half strip of bacon and fasten with toothpicks. Bake in moderate oven (350°F.) for ½ hour; or broil 10 minutes. Serves 5.

CHEESE STUFFED FRANKFURTERS—Place slice of cheese in frankfurters instead of stuffing. Bake or broil long enough to melt cheese and brown bacon.

APPLE STUFFED FRANKFURTERS—Place finely chopped apple in frankfurters instead of stuffing.

PICCALILLI STUFFED FRANKFURTERS—Fill frankfurters with piccalilli and proceed as above.

TO COOK PORK SAUSAGES

Broiling gives the most satisfactory results. To broil sausages arrange on wire rack and place 4 to 5 inches under broiler heat in unheated broiler. Broil slowly for 10 to 12 minutes. Turn several times while cooking to brown on all sides.

To pan-fry sausages, place in cold pan and cook slowly until browned. Pour off fat as it accumulates. Allow ⅓ pound per person. Serve with fried apples.

BARBECUED FRANKFURTERS

1½ pounds frankfurters
Barbecue Sauce

Prick skins of frankfurters, place in shallow pan, cover with sauce and cook, uncovered, in moderate oven (350°F.) 45 minutes. For 6.

STUFFED CROWN ROAST OF FRANKFURTERS

20 frankfurters
2 cups cooked sauerkraut

Arrange frankfurters side by side, with curved side up. Using large needle and string, sew through all the frankfurters ½ inch from the bottom and ½ inch from the top. Tie ends of top string together, bringing first and last frankfurter of the row together. Repeat with bottom string. Stand frankfurters on end to form a crown. (Concave side should be out.) Fill center of crown with sauerkraut. Bake filled crown in moderate oven (375°F.) about 20 minutes. Serves 10.

Fill crown with stuffing, creamed cabbage, creamed cauliflower or potato balls instead of sauerkraut.

SAUSAGE BALLS

1 pound pork sausage meat
1 pound fresh pork, ground
½ teaspoon salt
½ cup uncooked rice
1 cup boiling water
3 tablespoons flour, 2 cups milk
⅛ teaspoon cloves
¼ teaspoon cinnamon

Combine sausage, pork, salt and rice. Shape into balls about 1½ inches in diameter. Brown slowly, cooking 10 to 12 minutes. Add water and simmer 1½ hours or until all water is absorbed. Remove balls, blend flour into fat in pan; add milk, spices and salt and cook until thickened. Pour over meat balls. Serves 8.

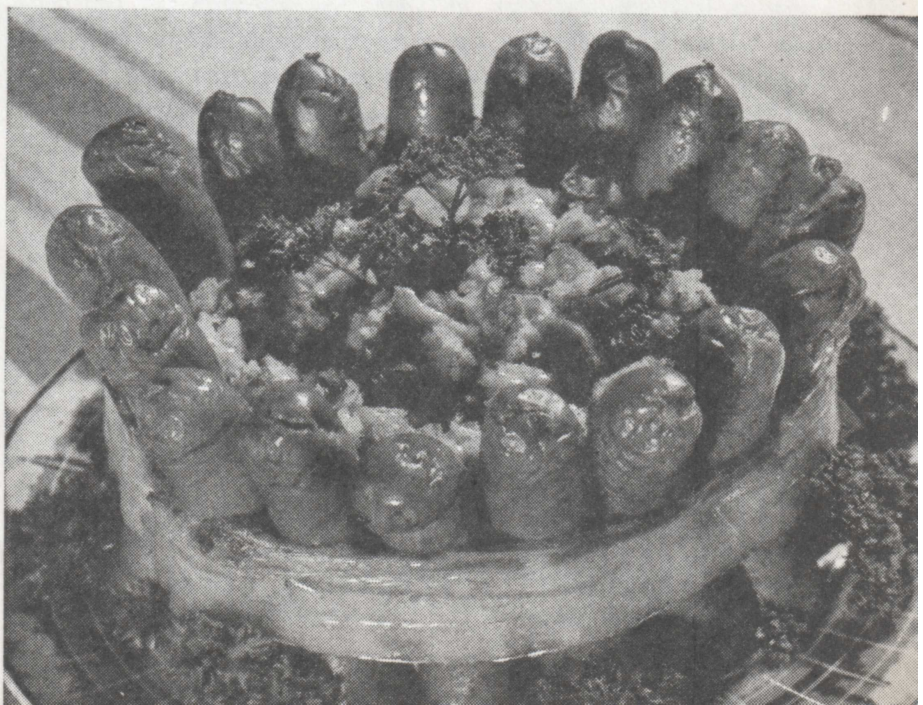
A breakfast of sausages and fried apples will drive away even those Monday blues

SUNDAY SUPPER

¾ pound frankfurters
1 No. 2 can kidney beans
1 green pepper, chopped
Salt

Cut frankfurters into 1-inch slices and combine with beans and green pepper. Cover and simmer 15 to 20 minutes or until pepper is tender. Add salt. Serves 6.

A crown roast of wieners is an ideal solution for guest problems when the budget is low



TO DRESS AND TRUSS RABBITS

Choose rabbits with soft ears and paws—stiffness is a sign of age. Also, be sure that they are fresh and free from any unpleasant odor. Neither hares nor rabbits should be drawn before hanging, as they may become musty.

To skin and dress a rabbit or hare cut off the forefeet at the first joint, cut skin around the first joint of hind leg, loosen it and with a sharp knife slit the skin on under side of the leg at the tail. Loosen the skin and turn it back until it is removed from the hind legs. Tie hind legs together and hang the rabbit to a hook by this fastening. Draw the skin over the head, slipping out the forelegs when they are reached. Cut off the head and thus remove the entire skin. Wipe with a damp cloth. Slit down the front and remove entrails, saving heart and liver, and wipe carefully inside. Wash inside and out with acidulated water, using 1 tablespoon vinegar to each cup water. Rinse and wipe thoroughly.

If blood has settled in any part, cut with the point of a knife where it is black and soak in warm water; this will draw out the blood. Skewer firmly between the shoulders; draw the legs close to the body and fasten with skewers. Prepare as desired: roast, broil, fry or fricassee. Squirrels are dressed the same.

FRIED RABBIT

2 young rabbits (2½ to 3½ pounds)
2 egg yolks, beaten
3 cups milk
1¼ cups flour
1 teaspoon salt
½ cup fat
2 teaspoons currant jelly
1 tablespoon minced parsley

Wash dressed rabbits thoroughly under running water. Dry. Cut into serving pieces. Combine egg yolks and 1 cup milk, add 1 cup flour gradually, then salt and beat until smooth. Dip rabbit into batter and fry in fat until brown, about 15 minutes. Reduce heat and continue cooking until tender, 30 to 40 minutes, turning frequently. To make gravy add remaining flour to fat in pan, add remaining milk gradually, stirring constantly, heat to boiling and season to taste with salt and pepper. Pour over rabbit and garnish with jelly. Serves 6 to 8.

WILD RABBIT—Season and roll in flour, then fry in fat until brown, cover and cook over low heat about 40 minutes.

ROAST RABBIT

1 rabbit
Salt
Pepper
Sage Stuffing
2 tablespoons fat

Wash dressed rabbit thoroughly under running water. Dry. Sprinkle with salt and pepper on inside. Fill with stuffing, fasten opening securely and spread with fat. Sprinkle with salt and pepper and roast in uncovered pan in moderate oven (325°F.) 1½ to 1¾ hours or until tender. Serves 4 to 6.

HASSENPFEFFER

(Sweet-sour Rabbit)

1 rabbit
1 quart vinegar
2 tablespoons salt
1 tablespoon pickling spices
1 tablespoon peppercorns
2 large onions, sliced
2 tablespoons fat
2 tablespoons flour
1 cup cold water
1 teaspoon cinnamon
½ teaspoon allspice

Cut rabbit into serving portions, place in a crock and cover with vinegar combined with salt, spices, peppercorns and 1 onion. Let stand in a cool place for 24 hours. Drain, cover with boiling water and simmer until tender, about 1½ hours. Remove meat and strain broth. Melt fat in a frying pan, blend in flour and add water, stirring constantly. Cook until thickened. Add rabbit, strained broth, cinnamon, allspice and remaining onion and simmer 1 hour. Serves 6.

ROAST SQUIRRELS

3 small squirrels
¾ cup cooking oil
¼ cup lemon juice
2 cups bread crumbs
½ cup milk or cream
1 cup sliced mushrooms, sautéed
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon onion juice
4 tablespoons olive oil or bacon fat

Dress and clean squirrels, wash in several waters and dry. Cover with cooking oil mixed with lemon juice and let stand for 1 hour. Combine crumbs, with just enough milk to moisten, mushrooms, salt, pepper and onion juice. Stuff squirrels with this mixture, sew and truss. Place in roaster. Brush with olive oil or bacon fat. Roast uncovered in slow oven (325°F.) until tender, 1½ to 1¾ hours. Baste every 15 minutes with fat. Serve with pan gravy. Serves 6.

STEWED SQUIRRELS—Clean 3 squirrels, cut lengthwise into halves, simmer in boiling salted water with 1 pound carrots until tender. Blend 6 tablespoons each melted fat and flour, add 2¾ cups strained squirrel stock, ¼ teaspoon minced onion, 1 bay leaf and salt. Cook until thickened and serve over squirrel for 6.

ROAST OPOSSUM

The opossum is a very fat animal with a peculiarly flavored meat. It is dressed much as one would dress a suckling pig, removing the entrails, and if desired, the head and tail. After it has been dressed, wash thoroughly inside and out with hot water. Cover with cold water to which has been added 1 cup of salt. Allow to stand overnight; in the morning, drain off the salted water and rinse well with clear, boiling water. Stuff opossum with Opossum Stuffing; sew opening or fasten with skewers. Place in roaster, add 2 tablespoons water and roast in moderate oven (350° F.) until tender and richly browned, about 1½ hours. Baste every 15 minutes with drippings. Remove skewers or stitches, and place opossum on heated platter. Skim fat from gravy remaining in pan. Serves 10.

BRAISED MOOSE

4 pounds ripened moose
4 strips salt pork
Salt and pepper
⅛ teaspoon cinnamon
⅛ teaspoon cloves
⅔ cup claret or weak vinegar
½ cup water, ½ bay leaf
1 onion, sliced
1 cup claret or cranberry juice
1 cup milk

Trim off any musty parts of moose and lard with salt pork. Sprinkle with salt, pepper, cinnamon and cloves. Marinate in claret or vinegar for 2 or 3 days in cold place. Drain, place in baking pan, add water, cover and cook in slow oven (300°F.) about 1 hour. Add bay leaf, onion and claret or cranberry juice, cover and cook until tender, about 1 hour longer. Remove meat and add milk to drippings. Heat to boiling and serve with moose. Serves 6 to 8.

REINDEER

Composition of the meat differs little from beef or veal of the same grade. In general it contains less fat and slightly more protein. The flavor is characteristic and different from beef or veal, gamy but not strong. The texture is fine and most of the meat is tender. Most desirable cut is the round, which may be used for steaks but is most satisfactory for roasting.

Reindeer meat is shipped frozen and must be handled with the same care as any other frozen meat. It should be allowed to thaw slowly at a low temperature.

REINDEER POT ROAST

2 to 3 pounds reindeer meat
½ pound salt pork
Flour
Salt and pepper
1½ cups water
1 teaspoon salt
¼ teaspoon pepper
1 bay leaf
4 carrots, pared
4 turnips, pared
4 potatoes, pared
6 small onions

Wipe meat with damp cloth and lard with ¾ of the salt pork. Rub with flour, salt and pepper. Fry remaining salt pork in kettle and brown meat in this fat. Remove meat and brown 2 tablespoons flour in kettle. Set meat on low rack in kettle, add water and seasonings, cover pan and simmer until meat is nearly tender. Place vegetables around and over meat and continue cooking until vegetables are tender, about 45 minutes. Serve roast surrounded with vegetables. Thicken the gravy if necessary and serve with meat. Serves 4.

Add Dumplings 15 minutes before vegetables are tender.

BRAISED VENISON

3 pounds venison
3 slices salt pork
Salt and pepper, Flour
¼ cup fat
¼ cup hot water
½ tablespoon vinegar
½ cup chopped celery
1 carrot, diced
1 tart apple, chopped
½ tablespoon lemon juice

Use the less tender cuts of venison for this method. Lard venison with salt pork and rub with salt, pepper and flour. Sauté in hot fat until well browned, turning frequently. Add hot water and vinegar. Cover closely and cook until tender, about 2 to 2½ hours, adding more water as it evaporates. One-half hour before meat is done add remaining ingredients. Cook until vegetables are tender. Serve with a tart jelly. Serves 4 or 5.

BROILED VENISON STEAK

2 pounds venison steak, 1 inch thick
1 clove garlic
2 tablespoons fat, melted
4 large mushroom caps
Salt and pepper
Parsley and watercress

Rub steak on both sides with cut surfaces of garlic and brush with fat. Place on greased broiler rack in preheated broiler and broil for 5 minutes; turn and brush with fat and broil on other side. Broil mushroom caps. Season steak with salt and pepper and garnish with mushroom caps, parsley and watercress. Serves 4.

ROAST LEG OF VENISON—Wipe leg, sprinkle with salt and pepper and dredge with flour. Lard with strips of salt pork unless meat is fat. Roast uncovered in slow oven (300°F.) 20 to 22 minutes per pound. Allow ½ pound per serving.

STUFFINGS AND SAUCES

STUFFINGS FOR MEAT

Many kinds of meat may be roasted and served with stuffing. The stuffing may be baked in a separate pan, arranged in alternate layers with the meat, or filled into a pocket or opening in the meat. The shoulder of lamb, pork or veal may be boned, spread with stuffing and rolled or stuffing put into opening. Stuffing may also be baked in a ring mold and center filled with creamed meats.

BREAD STUFFING

4 cups soft bread crumbs or cubes
¼ to ½ cup melted fat
1 teaspoon salt
¼ teaspoon pepper

Combine ingredients and stuff lightly into meat, allowing room for expansion; or use as desired.

APPLE STUFFING—Use the larger amount of fat in bread stuffing. Add 1 cup chopped sour apples.

CELERY STUFFING—Add 1 cup minced celery to Onion Stuffing.

CHILI STUFFING—Add ½ cup chili sauce or tomato catchup and 1 tablespoon minced onion to bread stuffing. Use ¼ cup fat.

MUSHROOM STUFFING—Add ¾ cup chopped mushrooms to Onion or Celery Stuffing.

ONION STUFFING—Add 2 tablespoons minced onion.

OYSTER STUFFING—Add ½ pint oysters, 1 tablespoon chopped onion, 1 tablespoon chopped pimiento, 1 tablespoon chopped green pepper and ½ cup minced celery to Bread Stuffing.

PRUNE STUFFING—Omit fat; add 2 cups prunes, cooked and chopped; 1 cup diced celery; ¼ cup diced onion and ½ green pepper, chopped. Moisten with meat stock or hot water.

RAISIN STUFFING—Use ½ cup of fat in bread stuffing and add 1 cup seedless raisins.

SAGE STUFFING—Add 2 teaspoons sage, 2 tablespoons chopped onion and 1 tablespoon chopped parsley.

SAUSAGE STUFFING—Omit fat. Brown 1½ cups sausage slightly and add to bread stuffing. Three dozen chopped cooked chestnuts may be added.

CORN BREAD STUFFING

4 cups boiling water
4 cups broken corn bread
1 onion, grated
1 cup diced celery
2 eggs, beaten
½ cup melted butter
Salt and pepper

Pour boiling water over bread and squeeze out fairly dry. Add remaining ingredients and mix well. Use for stuffing pork or lamb. Serves 6 to 8.

OPOSSUM STUFFING

1 large onion, chopped fine
1 tablespoon fat
Opossum liver (optional)
1 cup bread crumbs
Chopped red pepper
Dash Worcestershire sauce
1 hard-cooked egg, chopped fine
Salt

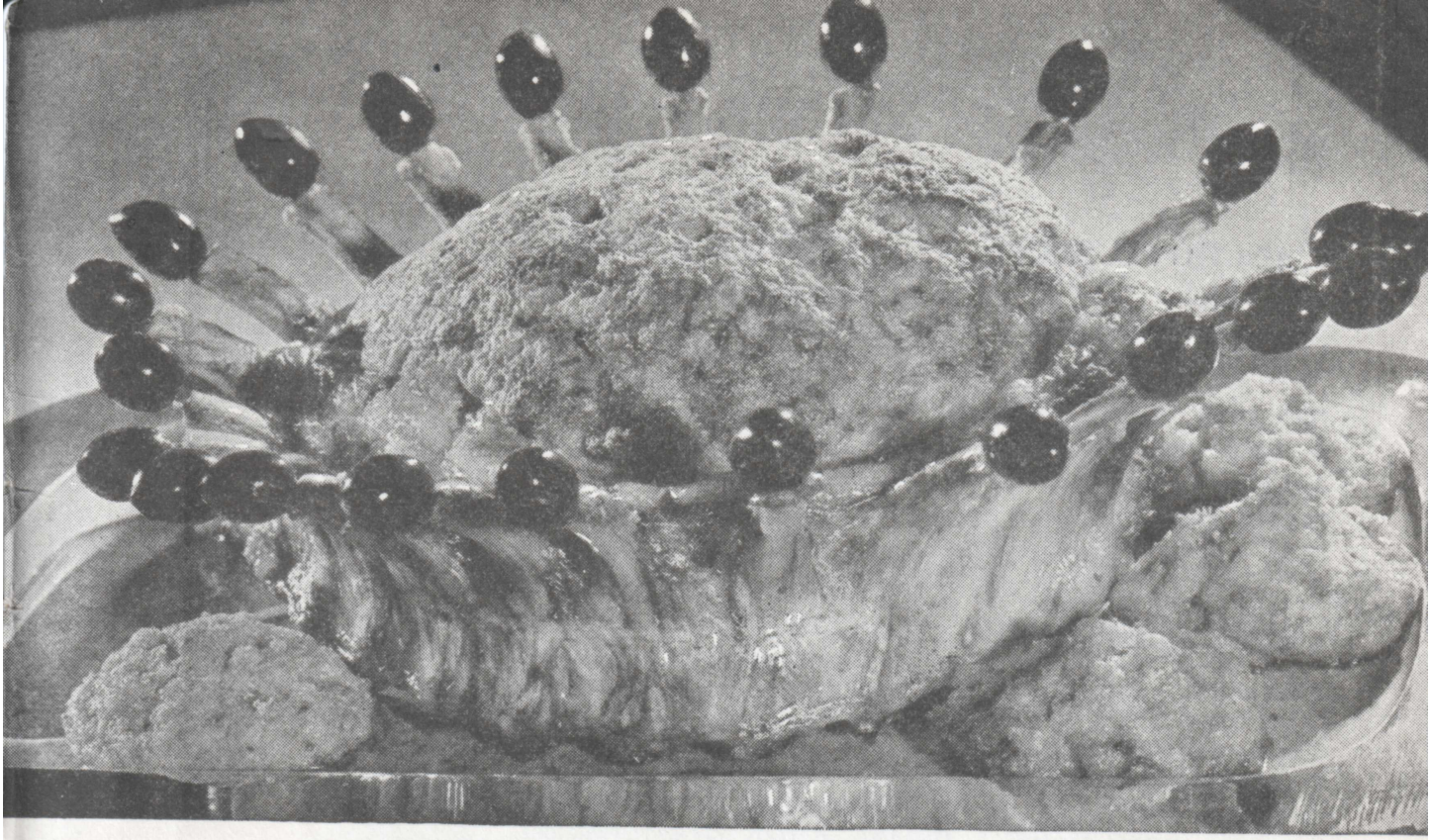
Brown onion in fat. Add finely chopped opossum liver and cook until liver is tender. Add crumbs, a little red pepper, Worcestershire sauce, egg, salt and water to moisten.

DUMPLINGS FOR STEW

2 cups sifted flour
4 teaspoons baking powder
½ teaspoon salt
About ¾ cup milk

Sift flour, baking powder and salt together. Add milk all at once and stir to make a soft dough. Drop from tablespoon into simmering stew, cover tightly and cook 12 to 15 minutes without removing cover. Serves 6.

Savory stuffing makes a company dish of a boned shoulder of lamb



BARBECUE SAUCE

1 onion, chopped
2 tablespoons fat
2 tablespoons vinegar
2 tablespoons brown sugar
4 tablespoons lemon juice
1 cup tomato catchup
3 tablespoons Worcestershire sauce
½ teaspoon prepared mustard
½ cup water
½ cup chopped celery
Salt
Cayenne

Brown onion in fat and add remaining ingredients. Simmer 30 minutes. Makes 2 cups sauce.

BARBECUE SAUCE FOR SPARERIBS

¾ cup tomato catchup
¾ cup water
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 tablespoon salt
Dash cayenne
1 teaspoon paprika
½ teaspoon black pepper
1 teaspoon chili powder

Combine ingredients. Baste meats while broiling or use for braising. Makes 1¾ cups.

BROWN GRAVY

4 tablespoons fat
4 tablespoons flour
2 cups stock of milk
Salt and pepper

If gravy is to be made in roasting pan, remove meat to serving platter and keep hot. Discard any fat beyond amount called for. Add flour and blend with remaining fat, browning carefully. Add stock gradually, stirring until thickened. Cook 5 minutes. Season. Makes 2 cups. Stock from cooked vegetables is often used in gravy.

Add ¼ cup prepared horse-radish, drained.

If darker color is desired, add Worcestershire sauce or soy sauce.

Add ½ cup sautéed sliced mushrooms.

HORSE-RADISH SAUCE

½ cup sour cream
½ teaspoon salt
3 tablespoons grated horse-radish

Whip cream and fold in salt and horse-radish. Makes 1 cup.

The crown roast filled with stuffing and tipped with ripe olives gives a new twist to Sunday dinner

MINT SAUCE

¼ cup vinegar
1 cup water
½ cup chopped mint leaves
¼ cup lemon juice
1½ tablespoons sugar
½ teaspoon salt

Heat vinegar and ½ cup water to boiling and pour over half the mint leaves. Let stand 15 minutes. Strain. Add remaining water, lemon juice, sugar and salt. Chill. Add remaining mint leaves and serve with lamb. Makes 1¾ cup sauce.

MUSHROOM SAUCE

¾ cup button mushrooms
3 tablespoons butter
3 tablespoons flour
1½ cups stock or milk
Salt and pepper
2 tablespoons minced pimientos

Sauté mushrooms in butter 5 minutes. Blend in flour. Add stock and cook until thickened stirring constantly. Season and add pimiento. Makes 2 cups.

ANCHOVY SAUCE

1 cup butter
1 tablespoon anchovy paste
⅓ cup sherry

Melt butter, stirring in paste as it melts. Add sherry gradually and heat to boiling. Simmer 5 minutes. Serve with veal or pork chops. Makes 1⅓ cups sauce.

BÉARNAISE SAUCE

4 egg yolks
1 cup butter
1 tablespoon lemon juice
1 tablespoon tarragon vinegar
¼ teaspoon salt
1 teaspoon chopped parsley
1 teaspoon onion juice
Dash cayenne

Place egg yolks with ⅓ of butter in bottom of double boiler. Keep water in bottom of boiler hot but not boiling. Add remaining butter as sauce thickens, stirring constantly.
Remove from heat and add remaining ingredients. Serve with broiled meat. Makes 1 cup.

Plump raisins in sweet-sour sauce give the perfect final touch to tender ham

CREOLE SAUCE

2 tablespoons minced onion
¼ cup minced green pepper
3 tablespoons olive oil
¼ cup sliced mushrooms
¼ cup sliced stuffed olives
½ cup cooked tomatoes
1 cup Brown Gravy
Salt and pepper

Cook onion and pepper in olive oil 5 minutes. Add mushrooms and cook 3 minutes. Add remaining ingredients, seasoning to taste. Heat to boiling. Serve hot. Makes 1¾ cups sauce.

SPANISH SAUCE—Omit mushrooms, olives and brown gravy. Use 2 cups cooked tomatoes. Cook onion and green pepper in oil; add tomatoes and seasonings. Cook until thickened.

PIQUANT SAUCE

¼ cup butter
1 cup water
1 cup beef broth
2 teaspoons salt
1 teaspoon mustard seed
6 tablespoons lemon juice
Dash cayenne

Melt butter and add remaining ingredients in the order listed. Blend thoroughly. Makes 2⅔ cups.

RAISIN SAUCE

¾ cup brown sugar
3 tablespoons cornstarch
1½ cups broth from ham or tongue
¼ cup vinegar
½ cup raisins
1 lemon, sliced thin
1 tablespoon fat

Mix sugar and cornstarch in top of double boiler and add broth gradually, stirring constantly. Add remaining ingredients and cook until raisins are plump and mixture is thickened, stirring occasionally. Serve hot with ham or tongue. Makes about 1½ cups.

VINAIGRETTE SAUCE

1 tablespoon minced green pepper
1 teaspoon minced chives
1 teaspoon minced parsley
½ teaspoon minced basil
1½ teaspoons minced capers
1 tablespoon chopped pickles
½ cup French dressing

Combine all ingredients and mix vigorously. Serve with lamb or beef. Makes ⅔ cup.
Use mayonnaise instead of French dressing and serve with any sliced cold meat.